

The All You Can Eat Love Diet
Full Cream Edition

The All You Can Eat Love Diet

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Introduction

Hello, thanks for downloading this book. If you are looking for more love in your life, or less excess weight, this book can help you. I've made it pretty short, because we're all very busy these days. Who has time to read several hundred pages? Better that you read a short book and actually learn and use something, rather than not even start reading a long book.

Congratulations on being still open to trying yet another method to lose weight, given the large amount of misinformation out there. After trying one diet after another it's really easy to give up and decide that it's just not possible for you to lose weight. It is possible. For you. Your persistence in reading this book is the very quality which will lead you to your goal.

Please read these pages slowly and see if anything resonates with you. If so, great, you've found something useful. If not, just let it go. Some ideas might seem strange at first, so feel free to discuss them with friends or family to see if you can find some sense in them. Don't blindly believe anything written here, or anywhere for that matter: make up your own mind.

So why is this book called *the All You Can Eat Love Diet*? Read on, and you'll find out!

Will power won't work!

One thing you've probably already noticed is that will power doesn't usually help in the long term. Sure, you might be able to lose a few pounds initially, but sooner or later the discipline goes out of the window and you end up going off the rails. Then you feel guilty and/or start judging yourself for not being strong enough to stick with the plan.

Something isn't quite right here. That's because will power is usually about using force to suppress a part of you. An inner dictatorship that in the long term never works. Why would you want to suppress a part of you which has wants and desires? Any kind of inner struggle can never last very long, and usually you'll go back to what you've always done.

So what's the solution? I'm afraid there is no quick fix. It's a longer term project: you need to become somebody who easily and naturally lives in such a way that you maintain a fit and healthy body, and weight is no longer an issue to you. You need to actually change who you are, to heal whatever parts of you get something out of being overweight.

Again, if you're looking for a quick fix, you may as well stop reading now. However, there is an upside to this: as you gradually move in the right direction, you'll begin to lose weight without even trying. You'll just naturally eat less, eat less unhealthy food, and exercise more and more often, without trying. It'll be effortless. You'll no longer even need to think about it.

Isn't that something worth working towards? Solving the whole weight issue once and for all? Never having to think about diet ever again, or having to go against your own wishes? Yes, it is possible, and with patience and persistence, you can get there.

Some Questions To Think About

Here is a list of questions to help you to identify what's behind your current situation around overeating. Please note that there are no right or wrong answers. There is no judgment about how you answer, the purpose of asking is to get a clear picture of the inner aspects of your situation. Knowledge is power and the more you know, the more your chances of succeeding.

Do write down your answers, as writing has the effect of focusing our attention. It's easy enough to answer them in our head, but by writing the answers down, we can get clearer about them. Once down on paper, we can reflect upon them, and clarify them, resulting in more detail. Everything you discover about yourself here can help you in the rest of the book.

Motivation

Why do you want to lose weight?

Is it because somebody told you to do so, or because you really want to?

Body Image

How do you feel about your body?

Do you like some parts?

Do you hate other parts?

If so, why? Does feeling that way help?

What is your idea of the perfect body shape?

Where did you get this idea from?

Is it realistic?

Overeating

Do you overeat? If so, why? Is it a way of numbing uncomfortable feelings?

How do you feel when you overeat? Does feeling that way help?

When do you overeat? Are there any consistent patterns you can see?

Early Learnings

Are your parents overweight? Your siblings? Your spouse and/or children?

What are their attitudes and habits around eating?

What are their attitudes and habits around exercise?

What do your family members think of your desire to lose weight?

Hidden Benefits

What are the advantages of being overweight?
What are the disadvantages of overweight?
What are the advantages of losing weight?
What are the disadvantages of losing weight?

Peer Pressure

How do your close friends feel about your current weight? About you losing weight? About you becoming slim? Slimmer than they are?
How do you feel about your current relationships?
How do you feel about the opposite sex?

Limiting Beliefs

Is it possible for you to lose weight?
Is it safe for you to lose weight?
Do you have permission to lose weight?
Do you deserve to lose weight?
Are you worried that you'll only put it back on again later?

Dietary Beliefs

What you do think is a good diet?
A bad diet?
Why do you believe that?

What Next?

By exploring your answers to these questions, losing weight will become easier. However, it won't happen overnight, so please do be persistent and don't be hard on yourself if you don't always live up to your highest ideals. We're all doing the best that we can, and beating ourselves up for not being perfect isn't a useful strategy. Be gentle with yourself.

As you read the rest of this short book, bear in mind your answers to these questions. As you begin to use and master these new ideas, you'll be able to choose more effective answers to the questions we've just explored, answers which support you better in your goal of moving towards a healthier and more sustainable body weight.

The Secret Revealed

In this first section we take a look at love and how it relates to food. You didn't think there was a connection? Read on, you might be surprised! A couple of simple experiments reveal an unexpected result, showing us how we might replace excess food in our life with love.

Without further ado, let's start with an important question.

Why do we overeat?

Much of the information on losing weight focuses on what to eat, and how to exercise. These are good questions, but they miss a vital issue: why do we overeat? What causes us to eat so much? Unless we look at this, we probably won't make much progress. Given the increasing number of overweight people today, this question is very important.

How about you? Do you overeat when you're feeling happy? Do you cram down extra food when you're peaceful and relaxing? Do you eat too much when you're feeling content? Or do you perhaps find yourself eating too much when you're feeling anxious or uncomfortable? How about when you're worried about something or somebody? Hmmm ...

For each of us, the answers might be different to a degree, but there's a common thread that underlies most situations: we overeat when we aren't comfortable. We use food as a drug to numb our emotional pain, our sadness, our worry, any negative emotions we don't know how to deal with. What if there was a better way to deal with these uncomfortable emotions?

What is the upside?

What do you get out of overeating? What do you get out of being overweight? These are probably strange questions for you! Still, they are valuable to explore. There are usually reasons for why we do what we do, and why we are as we are. So please do take a little time to consider these questions. What you find out about yourself might make all the difference.

So again, what do you get out of overeating? What are the benefits of being overweight? Maybe you don't have to deal with the opposite sex by being overweight. Maybe you get sympathy. Maybe overeating comforts you when you're feeling down. Maybe overeating is a common bond with your peer group. Maybe being overweight gets you out of exercising.

Let's explore the opposite question: what would you lose if you weren't overweight? What would be the downside of not overeating? Maybe you'd have to face your fears? Maybe your partner would want to get closer to you? Maybe you believe your parents wouldn't love you any more? Maybe you wouldn't be able to use your weight as an excuse any more?

Whatever you come up with, please don't judge yourself. This isn't useful and will only make you feel bad. Just notice whatever you can find, and see how there are logical reasons why

you stay overweight. You might ask these questions to your friends and family, to see if they have any useful insights for you. Whatever you discover will be useful in this journey.

What do we really want?

What do we want above all else? A good job? A nice place to live? A long and interesting life? These are all worthy desires, but above all, we want to have love in our life. Different styles or flavors of love perhaps, but above all, we all want to have love in our lives. How about you? Is that true for you?

Think about it: would you prefer love ... or a new car? Would you prefer love ... or a million dollars? Would you prefer love ... or a house on the beach? Even though these things would be nice to have, without love in our life, they're pretty meaningless. Why are so many books, songs and movies about love?

What's the point in having piles of money, or a red sports car or other nice toys, if we live alone and without love? We might be able to amuse ourselves for a while, but sooner or later we crave that basic human connection. Without it, we shrivel up and die long before our time.

Love.

Where do we look for it?

If what we really want is love, this question follows naturally. According to Hollywood and almost every song on the radio, the answer is simple: find somebody to love us. Then we've got it made. As there are so many people out there, this should be easy! Out we go to find somebody to love us, somebody who'll adore us, make us whole. Or so we believe.

Sure, there will be some ups and downs in any relationship, but overall we've got it made if we can find somebody who loves us. Warts and all, he or she will love us almost in spite of ourselves. Life will be bliss. Isn't that the message we get so often from the media?

So we focus our attention upon finding that ideal partner, that other half who will complete us at last. We wear just the right clothes, look in all the right places, and read up on what men or women really want. Hmmm ... this isn't as easy as we thought! Surely it should just happen, shouldn't it? Surely we don't have to put all this effort into finding our soul mate?

All the time we're whipping ourselves up into a state of frenzy, convinced that we're not complete unless we can find this other. So we spend our time in a state of lack, a state of wanting, convinced that our lives can never really be ok until we find The One. This sense of lack is not attractive, and it doesn't feel good either.

How about when we find a partner to love us? How many of these apparently perfect unions actually last? We all know the divorce statistics, increasing every time we stop to measure them. These relationships don't always go as smoothly as we hope.

And that isn't the only challenge. While we do enjoy much of the time we spend in relationship, especially at the beginning, we also worry that it might end. What if my partner

leaves me? What if they find somebody else? What if they die? How would I cope? Worry, fear, and doubt, all of which eat away at the love that might have been there to start with.

We also know of a few couples who appear to beat the odds, but often only because they soldier on together in unhappy marriages, resigning themselves to lives of quiet desperation. Is this any better? What a choice: stay in a loveless union, or return to being alone and lonely again?

And so the show goes on. We enter into relationship, after a while it comes to an end, and we enter into a long or not so long period of introspection, trying to figure out what went wrong. Was it me? Was it the other? Was it both of us? How can I prevent that from happening again? What does it take to create a successful partnership?

Usually not much wiser, we soon decide to plunge back into the game, preferring to play rather than watch from the sidelines. Anything to avoid being alone. To paraphrase Oscar Wilde: "seeking another relationship is a triumph of hope over experience". And so we go on, serial monogamists most of us, for the rest of our lives.

Yet much of the time, whether in unsatisfactory relationships, or alone and lonely, we aren't happy. Our various partners aren't able to make us happy in the long term. And, to be fair, we probably never made them happy either. This grim prospect doesn't even consider the all too frequent event of infidelity within relationships.

So is that it? Is this all we can look forward to for the rest of our lives? Is there no hope? Is there another way?

Looking in the wrong places

Let's explore a little and try an experiment. Relax your body, and think of somebody or something you really love. It doesn't matter who or what you choose, only that you feel love when you bring up this memory. Get right into this memory and feel the love. Think of a specific time, see whatever you could see, hear the sounds and feel how you felt then.

Doesn't it feel good? Doesn't it feel wonderful? Isn't this the feeling we're all yearning for? Isn't it strange that you can feel this way just by remembering love from the past? What does that mean about all the time and money we spend looking for love?

Now think of a time when somebody loved you but you didn't return the affection. It doesn't feel very good, does it? How about when somebody loved you, but you never knew about it. Not knowing meant that you didn't feel their love, did you? This is strange? Isn't being loved the Holy Grail of life? How come it didn't feel good in these situations?

What can we learn from this? When you remember loving, you feel great. When you remember being loved, very often this doesn't feel the same. So maybe the joy, the energy, the aliveness lies in loving, and not being loved? Isn't that the opposite of what we've been taught?

Ok, so when somebody loved you and you *wanted* them to love you, it did feel great. To love and be loved at the same time, what a joy! However, the difference again is that you loved them. If you did, it felt great. If you didn't, not so great. Again, it comes down to whether or not *you* love. Suddenly, it's not about somebody else anymore, it's about you.

Even better, you don't have to remember love from the past, you can look around you right here and now and find things that you love. They needn't be large or important things. How about a sunny day? Or a good film? Or a loving pet? A favorite book? The list is endless. Just by tapping into something you appreciate, you can feel the love that you want anytime.

Does this mean that you shouldn't be in relationship with a partner? Not at all! What it means is that you're probably going to enjoy a much more loving connection if you come from a place of loving. Offer love first and foremost, instead of firstly looking to get love from your partner. Seek to love first, then to be loved, and you'll probably do much better.

Now return to a loving memory from the past again. Choose a different one to the last time and see if you can relax right into that feeling. Recreate your surroundings from this memory, so that you feel as if you're right back there. Enjoy it, bask in it. How wonderful that we have the power to feel love whenever we wish. The trick is to remember!

Who is it that you love?

If you think about it, the love you feel is pretty much the same no matter whom or what you're loving. It might be mixed with other emotions, such as respect, lust, confusion or excitement, but the love is the same. This means that the more you practice loving, the better at loving you become. There's no shortage: the more you love, the easier it becomes.

You might love different aspects of people, places or things, or you might love something different in each of them, but the love is the same. Make it a priority to love as many different people, places, events and things as you can. Not primarily for their sake, but for yours! The great thing about loving is that you're not dependant upon another, you can love anytime.

Please note: loving somebody doesn't mean obligation towards them. You don't have to marry everyone you love, you don't have to do anything at all. Love is its own reward. Don't imagine that loving somebody has certain expectations, because it doesn't. Just loving is enough. What you choose to do from that place of love is up to you.

Love and happiness

When you're loving, you feel happy with who or what you love. You feel accepting and at peace. Also, when you're happy, you're usually feeling loving. In many ways, love is the flip side of happiness. So if we want more love in our lives, we can work on being happier, and vice versa.

Perhaps love is happiness turned outwards? Perhaps happiness is love focused inwards? Either way, they seem to be intimately connected, so when we feel one, we feel the other. If

you find happiness easier than the love, simply changing your perspective reveals love. The Dalai Lama was once asked about the purpose of life. With a beaming smile, he replied:

"to be happy"

Maybe he knows something we've forgotten?

The only true security

How much energy do we put into finding security? How much energy do we put into saving enough money to be secure? How much is enough? When we get that much, will we really feel secure, or just search for even more? Will the treadmill ever stop? Does anything ever stay the same? Can we ever find security in the outside world?

Maybe there really is no security in things like money. After all, the stock market could crash, you could lose your job, the fund manager could run off with your money. So much to worry about, not very secure! Not only can you feel insecure and anxious about how to accumulate money, you can also feel insecure and anxious about losing it once you've got it!

So maybe the only real security we can achieve is in learning to love. If we can love consistently, we find that outer challenges no longer affect us as much. We find ourselves more at peace with the world, even if we still wish to change some part of it. With love, other things don't matter quite so much. Maybe love is the only true security?

Why don't we feel loving more often?

Think of how a baby or young child acts in the world. Most of the time they are happy, trusting and loving. Sure, now and then they cry for food, or when they are wet, but overall they're pretty content. They're curious, they're interested, and they seem to love not only most people, but also most things and situations. Maybe it's natural to feel this way?

It's only when young children start being judged and criticized that they start feeling anything but happy as their natural state. Gradually their natural trust in themselves and the world gets rocked, as they're told to stop doing this, don't do that, and generally restrict the way they are in the world. They start changing how they are and how they act to prevent such criticism.

These comments are often offered with the best possible intention: to keep the child safe. Parents and others often try to protect children from harm by giving them a long list of things they shouldn't do, things to avoid, and behavior they mustn't do. Unfortunately, this begins to build layer upon layer of confusion over their previous natural state of loving.

This process continues throughout most of our adult lives as we're continually told how we're not good enough, how we need to improve this or change that, otherwise we just don't measure up. It's no surprise that many (most?) of us spend much of the time wondering just how we need to be, think and behave in order to be good enough in the eyes of the world.

The journey to love

So what's the solution? A gradual process of seeing where we've learnt to judge ourselves and others, and letting go of such habits. While it's not an instant transformation, with a firm desire and a gentle heart, we can look for such habits within ourselves, and let them go. For each one we drop, we become a little happier, and return closer to our natural state of being.

It's not a process of gaining anything, or becoming something we're not already. It's more of a process of letting go of anything that has removed us from our earlier relaxed, loving, trusting nature. Underneath all the rules & judgements & roles we've learnt over the years, our original free nature is waiting for us. All we have to do is let go.

That's what this book is about: simple ways of returning to our natural state of being: loving, peaceful and trusting. The more we can let go of anything that keeps us uncomfortable, unhappy or untrusting, the less we'll need to use food or other drugs to deal with our discomfort. This will lead without effort to a normal weight, as well as a life full of love.

Note: sometimes we send our love to another, and then get disappointed when it isn't returned, or when our expectations aren't met. This can be very painful. The simplest solution is not to have any expectations of your love being returned. Just love for the sake of love, not with any demand that it come back to us, or how the object of our love should respond.

Is this easy? Maybe not initially, but with practice we can all develop this skill of loving without expectation. This is of course unconditional love. Any time we add any sort of condition or expectation to our love, we are setting ourselves up for disappointment. Love just for the sheer joy of love, and you cannot be disappointed in how it is received.

Ten Steps To Love

Ok, you say, that's all very well, I can see that learning to love is a great idea, but how I can actually do it? Good question. It's no good knowing the rewards of love without some tools to get you there. This book introduces ten simple ways to increase the love in your life, all of which are based upon the principle of focusing on loving first, rather than being loved.

As you gradually begin to master these ideas, you'll find yourself becoming happier and more loving naturally. You won't need to try, it'll just happen automatically. This will lead to that other useful side benefit: you will find yourself overeating less, and any excess weight you have now will also begin to fade away, without having to use will power or force.

1 - Do What You Love To Do

Such a simple idea, but how often do we practice it? So often we get caught up in duty, or other people's expectations. Don't think that you have to keep doing things that you don't enjoy. This is a guaranteed way to feel frustrated and resentful. Resistance is no path to love or peace of mind.

It might not happen overnight, but with persistence we can all gradually move towards doing what we love doing. This is especially important at work. Spending 40 hours or more each week doing something you don't enjoy will ensure you are miserable, no matter how much money you earn. Not to mention the dreadful affect it has on your health and family life.

Yes, there may be doubts about your ability to find something you love doing for a living, but until you ask the question, you'll never know. Have the courage to ask the question, to take the risk, to do what you love. Often, if you just ask, answers will come to you. It might take trying a few different things before you find the ideal vocation, but you'll get there.

Each of us have special gifts, special skills, and the effort required to find a way to do what we love for a living is well worth it. After all, if you love your work, it's not work anymore. It's joy, and delight, and love. You'll never work another day in your life. Isn't that more appealing than enduring yet another dull endless working week praying for the weekend?

Exercise: sit down with a piece of paper and write down on the left hand side the various activities that you do during a typical week. Then mark on the right hand side whether you enjoy doing them or not. When you're done, take a look to see whether you enjoy all, most of, about half of, some of, or hardly any of those activities. Just notice without judgement.

If there are less enjoyable activities than you'd like, think about how you can improve the balance. How can you do more of what you love during the week? Or maybe less of what you don't love? Is there any way you could actually enjoy some of the tasks you currently dislike? Could you swap some tasks with somebody else who likes doing them? Hmmm ...

2 - Carefully Choose The Company You Keep

How supportive are your friends and family? Do they encourage you? Love you? Accept you? Let you live your own life? Enjoy your successes? If not, why are you spending time with them? Surely not duty or obligation? Is it really worth it?

Who we spend our time with makes a huge difference in how we feel. If we are with a close friend who really supports us and enjoys our company, we feel great. If we spend time with negative people who constantly criticize us, then we'll feel pretty bad much of the time. Why would we want to continue to do that?

There is no unwritten law that we must spend time with people just because we've done so in the past. People change, we change, things change, we always have the chance to choose differently. So consider very carefully. Your health, happiness and wealth depend upon it. Difficult to believe? Try making some changes and see how much better you feel.

Do you spend time with people who really do enjoy who you are, people with whom you have a wonderful time, people whom you look forward to seeing again? If so, great! Prioritize spending time with them. If not, consider spending less time, or even no time with them. Life's too short to waste with people who consistently bring you down.

Exercise: sit down with another sheet of paper and write down on the left hand side a list of everybody that you spend time with during a typical week. Whether a minute or many hours, list them all. Then on the right hand side write down how much you enjoy the time that you spend with this person. Don't sugar coat it, this is for your eyes only. Be totally honest.

Now take a look to see where you're spending most of your time. Is it with loving, supportive, friendly people whose company you really enjoy? Do you feel uplifted after spending time with them? Or drained and depressed? Have a think about how you can spend more time in good company and less time with bad company. Your time is precious so think carefully.

If you spend time with draining people who are pretty much unavoidable in the short term, see if there's a way you can make that time better. It might be speaking out to them about what is and isn't acceptable behavior. e.g. no complaining or whining. It might be explaining to them how depressing such behavior is, probably to both of you. If this works, great. If it doesn't, see if you can find a way to gradually sever contact with such draining people.

3 - Let Go Of Obligation And Duty

So often we live our life by the things we think we should do, the things we believe we must do. Duty. Obligation. Unfortunately, this often produces tension, especially if we don't want to do the thing we think we should. We rebel and struggle internally, which is stressful. Our health and happiness both suffer.

The way out of this is to realize that there is nothing that we have to do at all! No shoulds, no musts, no obligations at all in life. Certainly, there are consequences to our actions, and it's

good to be aware of these. But forcing ourselves to do things we don't want to do is counterproductive. All we do is resist, procrastinate, feel guilty, and generally miserable.

What if you chose to only do the things you wanted to do? How would you feel? Happier, perhaps? Sometimes we might not want to do something right now, but if we look at the long term consequences, we can find a reason to do that thing. Think long term and not just short term, it helps you to find a reason to do things which might not make sense this minute.

But if you can't find a good short term or long term reason to do something, other than you think that you ought to do it, perhaps you can let go of it. This will release much tension within you, free up lots of blocked energy, usually some time, will allow you to relax more and be happier in your life, and therefore more naturally loving.

Exercise: Take a piece of paper and write down on the left hand side a list of all the things that you do in a typical week that you want to do. Now write on the right hand side a list of all the things you do during the week that you only do because you think that you have to do them. Anything that you do from a sense of obligation or duty, put down.

Now take a look at the paper and see where the balance is: are there more items on the left hand side or the right hand side? How do you feel about that? See if there's any way you can begin changing the balance by letting go of things you do out of obligation, and beginning to do more things that you really want to do. How does it feel to change that balance?

4 - Forgive Everybody And Everything

Whenever we hold onto a past wrong that somebody has done to us, we are only hurting ourselves. Whenever we continue to blame ourselves for something we did in the past, we are only hurting ourselves. The past is over, and keeping count of and hanging onto old incidents that we judge can never help us in the present. The key to freedom is to forgive. Always.

This doesn't mean we have to agree with what happened, only that we let it go. We cannot change the past. All we can do is forgive. This will free up enormous amounts of energy that we had invested in keeping track of who wronged us, how badly, and how dreadful it was for them to do that to us. It's useful to learn from the past, but it doesn't serve us to live there.

Even more important is that we learn to forgive ourselves. Just like everybody else, we're doing the best that we can in each moment, and have no cause to judge ourselves if we fail to meet some standard. Judging ourselves only leads to low self esteem, to feeling badly about ourselves and a lack of self confidence. None of these outcomes are useful.

Even better than forgiving ourselves and others is not to judge in the first place. This might seem hard to do, but that's only because we've been taught to judge all of our lives. We can create a new pattern if we choose, by learning not to judge ourselves or others. This leaves us freer in each moment to enjoy life, here and now.

Exercise: make a list of the people you still hold a grudge against. They may be still in your life, they may have moved on, they may be long dead. It doesn't matter. You're not hurting

them by your grudge, you're only hurting yourself. Then add to the list all the things that you judge yourself about: past, present and future. All of them, even the small things.

Now, take the smallest thing on your list, and see if you can forgive the person you blame, either yourself or another. Start with the smallest thing so that it doesn't seem too difficult. What can you gain by hanging onto judgement? Would you rather be right (are you right?) or would you rather be happy? Once done, move up the list to bigger and bigger items.

5 - Stay In The Present Moment

One thing we are very good at is thinking about the future or the past much of the time. The trouble with this is that we often end up stressing ourselves about things we can't do much about. The past is already past, feeling guilty or ashamed about it doesn't help. It only stops you from feeling good. Learn from the past, yes, but once that's done, let it go.

Planning does have a role in life, but worrying about things you cannot change serves no purpose at all. Anxiety about future events doesn't help us to prepare for them, it makes us think less clearly about them, and leaves us less able to prepare for them. It also stops us from enjoying the present. Worrying about the future is paying interest on a debt not yet due.

By remaining in the present, we are able to notice things in our life that often pass us by. How often do we miss the joys of sharing a moment with our partner, or watching the trees blow in the wind, or the sun set? Only by remaining present can we actually experience what's happening now. Everything else is a dream of the future or a memory of the past.

Exercise: find ways to regularly check to see if you're being present. Put up small Post-it notes saying: are you present? Or set your watch to chime every hour, and when it does, ask yourself the same question. If you weren't being present, don't judge or blame yourself, just refocus yourself to the here and now. You'll find yourself becoming more and more present.

6 - Observe Your Patterns Of Thinking

Part of the challenge is that we've picked up many habits of thinking and behaving over the years which aren't helpful. e.g. getting upset whenever a particular person does something that annoys us. If we're not aware of this habit, it's not very easy to change our reaction. The first step to change is always becoming aware of something that's not working for us.

That's why observing ourselves is so useful. Not so that we can beat ourselves up whenever we find something negative, but so that we can notice our patterns and, if we wish, chose a new thought or action. Observing allows us to consciously choose a more useful response. Between action and reaction is always an opportunity to choose a different response.

Exercise: one of the best ways to do this is to meditate. This doesn't have to be a strange religious experience from the East, it can be very simple. Just sit down for ten or twenty minutes each day and observe your thoughts, notice what flows through your mind, without judgement or condemnation. Don't get caught up in your thoughts, just notice them.

Simply by observing yourself regularly, you will notice thoughts and beliefs which aren't useful, which don't serve you. You will notice fears and concerns which have no basis in reality. You will start to see how your expectations create your reality. By just noticing such things, you can start to change them. This will lead to more peace and more love in your life.

7 - Accept Yourself And Others

Accepting who you are, how your life is, and how the world is, can really help you move towards love. So often we're taught to judge ourselves, to harshly criticize ourselves, but this is never helpful if we want to change our lives for the better. Only acceptance allows for this. Besides, it feels much better to accept ourselves than to judge ourselves.

Acceptance isn't an excuse not to grow or not to improve. It's just noticing that things are the way they are right now. There's no point struggling against how things are. That would be like being upset because the sun rises every day. As Byron Katie says: *when I judge reality, I lose, but only all of the time.*

Only from acceptance can we choose to make changes in our lives. If we refuse to admit that something is happening, then we have no power to change it. If we refuse to accept the world as it is, then we're getting ourselves upset for no good reason. It doesn't help. Certainly, change yourself and the world if you wish, but do so from a place of peace and acceptance.

The easiest way to accept yourself is to realize that you're doing the best that you can. If you could do better, then you would! This doesn't stop you from making changes if you want to, but it does allow you to stop judging yourself. Instantly you will feel better. This leads to more peace of mind, which leads to more love.

If you're overweight, accepting yourself is even more important. If you continue to judge yourself for being overweight, then you will feel pretty bad much of the time. This will often lead to overeating to mask this bad feeling. This will lead to more weight, and more judgement: a vicious circle. The only way out is to accept yourself as you are right now.

Also, when you're judging yourself for being overweight, then you are focusing on the extra weight. Whatever you focus upon tends to grow, which is another reason why judging yourself doesn't work. Instead, focus on something about your body that you can appreciate, however small. Find a way of feeling good about your body, and that feeling will grow.

Exercise: at the end of your day, take a few moments to see how accepting you were of yourself and others. Think back to see if there were any times that you judged, either yourself or others. Again, don't criticize yourself if there were, just notice them. Then see if you can let go of those judgements. Gradually you will find yourself judging less, and being happier. An even better thing to do is to look at yourself daily in a full length mirror. Notice any judgements and just let them go, without arguing one way or another about them. Just be with yourself. See if there's anything you can appreciate about your body. Tell yourself out loud. Tell yourself that you love and accept yourself. Repeat this regularly, and you will begin to.

It might be hard to do at first, but it's worth it. Much research has demonstrated that it can take about a month to change an old habit. By looking at yourself in a mirror each day and speaking new thoughts and appreciation, you're gradually changing how you think and feel about your body. Gradually, with persistence, the change will stick.

8 - The Attitude Of Gratitude

What we focus on determines to a large degree how we feel. If we spend all our time thinking about what we don't have in our life, then we'll feel a sense of lack, and often dwell on the unfairness of it all. In other words, we'll feel unhappy if we focus on what's not there. It's the glass being half empty instead of half full. Sure, we've heard this before, but do we live it?

On the other hand, if we are grateful, if we focus on what we do have in our life that we appreciate, then we'll feel pretty good. It doesn't have to be anything huge, like a new car, we can just as easily appreciate our health, or a letter a friend sent us, or even the meal we are about to eat. Gratitude about things large and small feels really good, and it costs nothing.

In financial terms, to appreciate means to increase in value. When we appreciate the good things in our life, their value also increases. Without doing anything at all, we feel better about our life, and that will lead us to feeling happier and more loving. Not a bad return on investment for taking a moment to feel grateful!

Gratitude doesn't mean that we can't continue to work on improving our lives. Indeed, when we feel grateful and happy, we are far more likely to work effectively to improve our lives than when we feel upset and unhappy that we're lacking something. The choice is ours always: which do you choose?

Exercise: 10x10: take ten minutes at the end of each day to write down ten things you're grateful for. Don't choose the same things each day, see if you can find different things to appreciate. Don't just write them down, really feel grateful for these things. Without feeling the appreciation, this exercise doesn't work. Choose small things as well as larger things.

10x10 take 2. If you live with others, here is an exercise which will transform your lives together. Take ten minutes at the start of the day, and sit down and share appreciation with each other for ten minutes. Take turns to tell each person what you appreciate about them. Be as specific as possible. e.g. I really loved it when you helped me with the cooking last night.

Watch their faces as they listen to this appreciation. It's magic. We all love to be thanked and acknowledged, and it's something we receive all too little of. All it takes is a commitment and a few minutes each day. You'll be surprised at how everybody blossoms from such a seemingly small gesture. What a great way to start your day before going out into the world.

9 - Don't Compare Yourself To Others

This is one area where it's very easy to get into a downward spiral about our lives. We see somebody who is more successful than we are, and feel inferior or unworthy. We might even

feel envy or jealousy. Either way, we feel pretty bad, and that doesn't help us in any way at all. We can easily get stuck in a downward spiral of jealousy and resentment.

By choosing not to compare ourselves with others, we can bypass this whole area of upset, leaving us more able to remain in a place of peace and love. After all, isn't that what we really want? Surely we'd prefer to feel good, rather than to compare ourselves unfavorably to others? The choice is always ours.

If you do notice people who have more than you, and you'd like to achieve similar success, a much better strategy is to work out how they managed to achieve their success, and then follow a similar path. Many (most?) successful people in the world became that way by studying other successful people and deciding to emulate them.

If you do find yourself comparing your situation to that of others, why not compare yourself to those who have it harder than you do? How well off are you if you have any kind of job, house and relationship, when there are countless others who don't have these things? How do you feel when you consider how lucky you are compared to most people in the world?

We can always find evidence to back up whatever thought we want to hang onto. Feeling that you should have more or be doing better? You can always find those who have more or are doing better than you. Feeling blessed and grateful for your life? You can always find reasons to feel that way as well. As always, it's up to us which attitude we wish to live.

Exercise: at the end of each day, review your day to see if you compared yourself unfavorably to others. If you did, don't blame yourself, just notice, and let go. You could also compare yourself to somebody less fortunate than you are instead. Either way, you'll be focusing more on what you have instead of what you lack. This leads to peace and happiness.

10 - Practice Patience And Persistence

This idea of focusing more on loving instead of being loved is probably a new idea for you. After a lifetime of looking for love outside yourself, it might not be so easy to change your way of thinking and behaving overnight. It might take a little while longer. Don't criticize yourself if it takes a while to master this new way of being.

Patience and persistence are crucial to creating a new way of being in the world. Your old habit of looking to be loved took a long time to be formed, and so your new focus of looking firstly to love will also take some time to become a habit. Be gentle with yourself, and persist. Your reward is a life full of love and peace of mind.

If you notice that you're again falling into the trap of looking for love outside of yourself, don't blame or judge yourself. Just notice, and choose to focus on being more loving. Focus on giving love instead of receiving it. Focus on being the source of love instead of feeling that somebody else must give it to you. You'll be more in control of the love in your life.

Exercise: Share these ideas with those who are close to you, and see if you can remind each other during the day, especially if you notice you're getting distracted. At such times, a gentle

nudge from somebody dear can remind you to return your focus to loving. It might take a while, but it's worth it. When you learn to love, nobody can ever take that away from you.

There are more ideas later on about how to make sure you master these steps to love. There's no point in just reading about them if you're unable to use them in your life.

Please note: If you notice that many of these steps seem related, or the ideas seem to be repeated, you're right! By revisiting these steps in different forms, we're more able to understand them, master them, and integrate them into our lives. Practice makes perfect!

Bonus Step: Examine Your Beliefs

What do you believe about love? Do you believe that you deserve love? Do you believe that love is possible for you? Do you believe that it's hard to love? Do you believe there are limits to how and to whom love should be expressed? All the beliefs that we have about ourselves, our worthiness, and about love greatly affect how much love we have in our lives.

The strange thing about beliefs is that we all have different ones, but we all think that our beliefs are true! What's that all about? How can we all be right? Maybe it depends upon how we look at beliefs. e.g. whatever we believe we can usually find evidence to prove it. Even if we have a completely different belief to somebody else, we're both sure that we're right.

The world is a good place? We can find plenty of evidence to prove that. The world is a bad place? Again, there is plenty of evidence to back that belief up. So which one is true? Maybe neither! Maybe instead of exploring whether our beliefs are true or not, perhaps it would be more useful to ask whether they are useful or not.

What on earth does that mean? Let's say you believe that people are generally honest and trustworthy. You'll probably trust people in general and get on with most people. Your experience seems to prove your belief is true. If you believe the opposite, you'll probably trust few people, and be cautious and reserved. Again, your evidence will prove your belief.

So again, which belief is true? Neither! Some people are honest and trustworthy, some aren't. So which belief is more useful to you? Maybe the first one, as it seems to produce an easier life for you. Certainly be careful and notice how people behave, but starting from a position of mistrust and dislike is not going to be useful in the long term.

Exercise: Let's look at some of your beliefs. Take a look at each of the following beliefs and see if you think it's true or not. How do you know it's true? Does it serve you to believe that? How do you feel when you believe this belief? Could the opposite belief perhaps be true? What if it was true? What if neither were true? This might sound very strange, but there are some very useful jewels to be found here.

Here are some beliefs about love you might have:

- I am lovable
- I deserve love
- I like most people
- People generally like me
- Love is easy to find
- Men/women are good company
- There are plenty of good men/women out there
- I enjoy my own company
- Learning is fun and easy
- My life is full of good things

Here are some others to consider:

- I must stay in a bad relationship
- Love hurts
- My relationships never work
- I'm too old for love
- I can't learn anything new
- Love never lasts
- I don't have time to focus on love
- People don't like me
- I'm better off by myself
- I can't love several people at once

Take a look at these beliefs. Which ones do you believe? Which ones don't you believe? How does each belief affect your life? Do they help you live a life of love? If so, great, keep them. If not, consider the opposite belief as a possibility at least. Be open that it might be true. Consider how different your life would be if you believed the opposite.

This can strike directly at who you believe you are, so be gentle with yourself while exploring this process. There are no right or wrong beliefs *, only beliefs which serve us and those that don't serve us. At any moment, if we identify a belief which we no longer wish to have, we can choose a different one. This will make a huge difference in our lives.

Now consider your beliefs around food and weight. Do they serve you? Are they true? How do you know? By exploring beliefs in any area you can make rapid improvement. The first step to change is to be aware of where we are right now, of what our current beliefs are.

Here are some beliefs about food that you might have:

I eat too much
Being healthy is enjoyable
Food nourishes me
I will always weigh too much
Dieting is no fun
It's hard to know what to eat
It's easy for me to eat well
Eating fat makes you fat
Exercise is boring
Thin people have an easy life

See which of these you believe and which you don't believe. People used to believe smoking was healthy, and now they believe it's very unhealthy. Sometimes the beliefs that society teaches change. That's why it's very important to look at your own beliefs and see if they really are useful. Some are, some aren't. Don't just assume that what you believe is true!

* what about the law of gravity, surely gravity is true? Well ... probably, but be careful even with this one. e.g. hundreds of years ago people thought that gravity meant that human beings could never fly. Now thousands of people fly every day. Did the law of gravity change? Is it true? Maybe, maybe not, but don't consider any belief to be fixed in stone.

Take A Timeout

Now that you've had a chance to read the first part of this book, it's well worth pausing for a while to catch your breath. There have probably been quite a few new ideas for you to consider, and diving straight into the next part of the book right away might not be the best idea. It'll probably take some time for you to absorb what you've read so far.

Don't short change yourself: take a break for a few days to think about what you've read so far, to give yourself a chance to review these ideas and get more familiar with them. The next section of the book looks at more powerful ideas and processes, none of which will be any use to you unless you've already absorbed and understood what you've read so far.

So please put this book aside for a while, and go and enjoy yourself! Do something different, something you really enjoy, and come back to this book in a few days time. Don't worry, it'll still be here, and you won't lose out by taking a few days longer. In fact, you'll master the next part of the book far more easily, as your brain can only absorb so much at a time.

See you soon!

Shortcuts To Love

Now that you've got some experience using the 10 steps in the last section, here are some tools which will greatly accelerate your growth to more happiness, peace of mind, and love. Please don't skip the last section and come here right away, as there are many valuable skills that are worth mastering in the last section. If you haven't already, go back and read it.

Many of the articles in this section have been written by the author of the particular tool being discussed. I could have written about the tools myself, but I believe that you are better served by reading the words of the authors themselves. I usually include a short introduction to each tool before passing you onto the authors to explain things in more detail.

Some of the shortcuts that follow are free, and others are not. I've tried whenever possible to give you a complete introduction to each tool in this book, so that you have several powerful new tools to use regularly. However, there are some things which just can't be explained in a book, so if you find them interesting, you'll have to fork out some money.

With many of these tools I've given you several options depending upon how interesting you find each one. Firstly, there are the articles in this section which describe and explain each tool as clearly as I can. For those which don't appeal to you, these articles might be enough for you. In that case, great, leave this tool for now and maybe come back to it later on.

Some, however, will interest you more, and the articles here might just be enough to whet your appetite. In this case I've listed a few sources where you can learn more. Some are web sites where you can learn more for free, or download more free books which go into greater detail. Some sites have far more on a particular tool than you'd ever want to know!

I've also recommended some books on these shortcuts, so that you can read and learn more about them offline. Some of these books are available primarily from the author, while others can be ordered directly from Amazon.com or another online bookseller. Buying such books is a relatively affordable way to learn more about these tools.

If you're interested in learning even more, I've included information about tape/CD sets and video products, and in some cases, workshops. Most of the time you don't need to purchase these unless you want to learn everything you possibly can about a particular tool. Again, if the articles in this book are enough for you, don't worry about the more expensive options.

For each shortcut, after the detailed articles there is an explanation of how to use that tool to create more love and less excess weight in your life. Sometimes it is easy to use and apply, sometimes it is a little more complex. To end, there are a few paragraphs to summarize each tool, which helps reinforce the earlier articles. Repetition is an important key to learning.

With that said, let's move onto the shortcuts themselves. There are very effective in helping you grow and heal past baggage, so don't expect to master them in a hurry. These are the pick of what I've found in over 20 years of study, and mastering them all might take a while.

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the Work of Byron Katie

When we're unhappy we can usually find reasons why. These explain clearly why we are unable to be happy in this moment. For instance: because I had to work late today, because of global warming, because I'm overweight, because my team lost, because my partner forgot to do something they said they'd do, because of world hunger, etc.



However, we could still be happy even though all of these things might have happened. Does that sound strange? Why do we let these events, or any other events, interrupt our happiness? How would we feel if we didn't know these things had happened? How would we feel if we stopped thinking about these things?

Very often we are unhappy because we get attached to certain thoughts that we consider important. If we didn't think global warming was important, we probably wouldn't feel unhappy about it. Whether we can change the situation or not often has nothing to do with how we feel about it. Could we still be happy even though such things are happening?

Byron Katie has come up with a set of four simple questions that help us look at how our own thoughts are causing our unhappiness. There is no judgement in this process, just a way to notice how we continually let our thoughts effect how we feel. If we can find a way to let go of some of these unsettling thoughts, we can return to our natural state of happiness.

Introduction

by Byron Katie

Byron Kathleen Reid, a businesswoman and mother living in the high desert of southern California, became severely depressed while in her thirties. Over a ten-year period her depression deepened, and Katie (as she is called) spent almost two years rarely able to leave her bed, obsessing over suicide. Then one morning, from the depths of despair, she experienced a life-changing realization.

Katie saw that when she believed that something should be different than it is (“My husband should love me more,” “My children should appreciate me,”) she suffered, and that when she didn't believe these thoughts, she felt peace. She realized that what had been causing her depression was not the world around her, but the beliefs she had about the world around her.

In a flash of insight, Katie saw that our attempt to find happiness was backward — instead of hopelessly trying to change the world to match our thoughts about how it “should” be, we can question these thoughts and, by meeting reality as it is, experience unimaginable freedom and joy. Katie developed a simple yet powerful method of inquiry, called The Work, that helped make this transformation practical.

As a result of this process, a bed-ridden, suicidal woman became filled with love for everything life brings.

Katie's insight into the mind is consistent with leading-edge research in cognitive psychology, and The Work has been compared to the Socratic dialogue, Buddhist teachings, and 12-step programs. But Katie developed her method without any knowledge of religion or psychology. The Work is based purely on one woman's direct experience of how suffering is created and ended.

It is astonishingly simple, accessible to people of all ages and backgrounds, and requires nothing more than a pen and paper and an open mind. Katie saw right away that giving people her insights or answers was of little value — instead, she offers a process that can give people *their own* answers. The first people exposed to her Work reported that the experience was transformational, and she soon began receiving invitations to teach the process publicly.

Since 1986, Katie has introduced The Work to hundreds of thousands of people in over thirty countries around the world. In addition to public events, she has introduced her Work into corporations, universities, schools, churches, prisons, and hospitals. Katie's joy and humor immediately put people at ease, and the deep insights and breakthroughs that participants quickly experience make the events captivating (tissues are always close at hand).

Since 1998, Katie has directed The School for The Work, a nine-day curriculum of exercises offered several times a year in different locations. The School is an approved provider of continuing education units, and many psychologists, counselors, and therapists report that The Work is becoming an important part of their practice.

Katie also hosts an annual New Year's Mental Cleanse — a five-day program of continuous inquiry that takes place in Southern California at the end of December — and she offers weekend intensives, or "mini-schools," in major cities. Audio and videotapes of Katie facilitating The Work on a wide range of topics (sex, money, the body, parenting) are available at her events and on her web site, www.thework.org.

In March 2002, Crown Harmony published Katie's first book, *Loving What Is: Four Questions That Can Change Your Life*, co-written with renowned author/translator Stephen Mitchell. *Loving What Is* has already been translated into 16 languages. It has been on several bestseller lists, including Amazon.com, where a Christian minister wrote that she would recommend it before the Bible.

This article is an excerpt from *Loving What Is*. For a deeper and more complete introduction to The Work, please look for *Loving What Is* at a bookstore near you, and visit the web site.

Welcome to The Work.

What Is Is

The only time we suffer is when we believe a thought that argues with what is. When the mind is perfectly clear, what is is what we want. If you want reality to be different than it is, you might as well try to teach a cat to bark. You can try and try, and in the end the cat will look up at you and say, “Meow.” Wanting reality to be different than it is is hopeless.

And yet, if you pay attention, you’ll notice that you think thoughts like this dozens of times a day. “People should be kinder.” “Children should be well-behaved.” “My husband (or wife) should agree with me.” “I should be thinner (or prettier or more successful).” These thoughts are ways of wanting reality to be different than it is. If you think that this sounds depressing, you’re right. All the stress that we feel is caused by arguing with what is.

People new to The Work often say to me, “But it would be disempowering to stop my argument with reality. If I simply accept reality, I’ll become passive. I may even lose the desire to act.” I answer them with a question: “Can you really know that that’s true?” Which is more empowering? — “I wish I hadn’t lost my job” or “I lost my job; what can I do now?”

The Work reveals that what you think shouldn’t have happened *should* have happened. It should have happened because it did, and no thinking in the world can change it. This doesn’t mean that you condone it or approve of it. It just means that you can see things without resistance and without the confusion of your inner struggle. No one wants their children to get sick, no one wants to be in a car accident; but when these things happen, how can it be helpful to mentally argue with them? We know better than to do that, yet we do it, because we don’t know how to stop.

I am a lover of what is, not because I’m a spiritual person, but because it hurts when I argue with reality. We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration. We don’t feel natural or balanced. When we stop opposing reality, action becomes simple, fluid, kind, and fearless.

Staying in Your Own Business

I can find only three kinds of business in the universe: mine, yours, and God’s. (For me, the word God means “reality.” Reality is God, because *it rules*. Anything that’s out of my control, your control, and everyone else’s control, I call that God’s business.)

Much of our stress comes from mentally living out of our own business. When I think, “You need to get a job, I want you to be happy, you should be on time, you need to take better care of yourself,” I am in your business. When I’m worried about earthquakes, floods, war, or when I will die, I am in God’s business.

If I am mentally in your business or in God’s business, the effect is separation. I noticed this early in 1986. When I mentally went into my mother’s business, for example, with a thought like “My mother should understand me,” I immediately experienced a feeling of loneliness. And I realized that every time in my life that I had felt hurt or lonely, I had been in someone else’s business.

If you are living your life and I am mentally living your life, who is here living mine? We're both over there. Being mentally in your business keeps me from being present in my own. I am separate from myself, wondering why my life doesn't work.

To think that I know what's best for anyone else is to be out of my business. Even in the name of love, it is pure arrogance, and the result is tension, anxiety, and fear. Do I know what's right for myself? That is my only business. Let me work with that before I try to solve your problems for you.

If you understand the three kinds of business enough to stay in your own business, it could free your life in a way that you can't even imagine. The next time you're feeling stress or discomfort, ask yourself whose business you're in mentally, and you may burst out laughing! That question can bring you back to yourself.

And you may come to see that you've never really been present, that you've been mentally living in other people's business all your life. Just to notice that you're in someone else's business can bring you back to your own wonderful self. And if you practice it for a while, you may come to see that you don't have any business either and that your life runs perfectly well on its own.

Meeting Your Thoughts with Understanding

A thought is harmless unless we believe it. It is not our thoughts, but the attachment to our thoughts, that causes suffering. Attaching to a thought means believing that it's true, without inquiring. A belief is a thought that we've been attaching to, often for years.

Most people think that they are what their thoughts tell them they are. One day I noticed that I wasn't breathing — I was *being breathed*. Then I also noticed, to my amazement, that I wasn't thinking — that I was actually being thought and that thinking isn't personal. Do you wake up in the morning and say to yourself, "I think I won't think today?"

It's too late: You're already thinking! Thoughts just appear. They come out of nothing and go back to nothing, like clouds moving across the empty sky. They come to pass, not to stay. There is no harm in them until we attach to them as if they were true.

No one has ever been able to control his thinking, although people may tell the story of how they have. I don't let go of my thoughts — I meet them with understanding. Then they let go of me.

Thoughts are like the breeze or the leaves on the trees or the raindrops falling. They appear like that, and through inquiry we can make friends with them. Would you argue with a raindrop? Raindrops aren't personal, and neither are thoughts. Once a painful concept is met with understanding, the next time it appears you may find it interesting. What used to be the nightmare is now just interesting. The next time it appears, you may find it funny. The next time, you may not even notice it. This is the power of loving what is.

Putting the Mind on Paper

The first step in The Work is to write down your judgments about any stressful situation in your life, past, present, or future — about a person you dislike or a situation with someone who angers or frightens or saddens you. (Use a blank sheet of paper; or you can go to www.thework.org to the section called “Do The Work,” where you’ll find a Judge-Your-Neighbor Worksheet to download and print).

For thousands of years, we have been taught not to judge — but let’s face it, we still do it all the time. The truth is that we all have judgments running in our heads. Through The Work we finally have permission to let those judgments speak out, or even scream out, on paper. We may find that even the most unpleasant thoughts can be met with unconditional love.

I encourage you to write about someone whom you haven’t yet totally forgiven. This is the most powerful place to begin. Even if you’ve forgiven that person 99 percent, you aren’t free until your forgiveness is complete. The 1 percent you haven’t forgiven them is the very place where you’re stuck in all your other relationships (including your relationship with yourself).

If you begin by pointing the finger of blame outward, then the focus isn’t on you. You can just let loose and be uncensored. We’re often quite sure about what other people need to do, how they should live, whom they should be with. We have 20/20 vision about others, but not about ourselves.

When you do The Work, you see who you are by seeing who you think other people are. Eventually you come to see that everything outside you is a reflection of your own thinking. You are the storyteller, the projector of all stories, and the world is the projected image of your thoughts.

Since the beginning of time, people have been trying to change the world so that they can be happy. This hasn’t ever worked, because it approaches the problem backward. What The Work gives us is a way to change the projector — mind — rather than the projected. It’s like when there’s a piece of lint on a projector’s lens.

We think there’s a flaw on the screen, and we try to change this person and that person, whomever the flaw appears to be on next. But it’s futile to try to change the projected images. Once we realize where the lint is, we can clear the lens itself. This is the end of suffering, and the beginning of a little joy in paradise.

How to Write on the Worksheet

I invite you to be judgmental, harsh, childish, and petty. Write with the spontaneity of a child who is sad, angry, confused, or frightened. Don’t try to be wise, spiritual, or kind. This is the time to be totally honest and uncensored about how you feel. Allow your feelings to express themselves, without any fear of consequences or any threat of punishment.

On the next page, you’ll find an example of a completed Judge-Your-Neighbor Worksheet. I have written about my second husband, Paul, in this example (included here with his permission); these are the kinds of thoughts that I used to have about him before my life

changed. As you read, you're invited to replace Paul's name with the appropriate name in your life.

1. Who angers, disappoints, or confuses you, and why? What is it about them that you don't like?

I am angry at Paul because he doesn't listen to me. I'm angry at Paul because he doesn't appreciate me. I don't like Paul because he argues with everything I say.

2. How do you want them to change? What do you want them to do?

I want Paul to give me his full attention. I want Paul to love me completely. I want Paul to agree with me. I want Paul to get more exercise.

3. What is it that they should or shouldn't do, be, think, or feel? What advice could you offer? Paul should/shouldn't watch so much television. Paul should stop smoking. Paul should tell me that he loves me. He shouldn't ignore me.

4. Do you need anything from them? What do they need to do in order for you to be happy?

I need Paul to listen to me. I need Paul to stop lying to me. I need Paul to share his feelings and be emotionally available. I need Paul to be gentle and kind and patient.

5. What do you think of them? Make a list. (Remember, be petty and judgmental.)

Paul is dishonest. Paul is reckless. Paul is childish. He thinks he doesn't have to follow the rules. Paul is uncaring and unavailable. Paul is irresponsible.

6. What is it that you don't want to experience with that person again?

I don't ever want to live with Paul if he doesn't change. I don't ever want to argue with Paul again. I don't ever to be lied to by Paul again.

Inquiry: The Four Questions and Turnaround

1. Is it true?

2. Can you absolutely know that it's true?

3. How do you react when you think that thought?

4. Who would you be without the thought?

and

Turn it around.

Now, using the four questions, let's investigate the first statement from number 1 on the example: I don't like Paul because he doesn't listen to me. As you read along, think of someone you haven't totally forgiven yet.

1. Is it true? Ask yourself, "Is it true that Paul doesn't listen to me?" Be still. If you really want to know the truth, the answer will rise to meet the question. Let the mind ask the question, and wait for the answer that surfaces.

2. Can you absolutely know that it's true? Consider these questions: "Can I absolutely know that it's true that Paul doesn't listen to me? Can I ever really know when someone is listening or not? Am I sometimes listening even when I appear not to be?"

3. How do you react when you think that thought? How do you react when you think that Paul doesn't listen to you? How do you treat him? Make a list.

For example: "I give him 'the look.' I interrupt him. I punish him by not paying attention to him. I start talking faster and louder, and I try to force him to listen." Continue making your list as you go inside, and see how you treat yourself in that situation and how that feels. "I shut down. I isolate myself. I eat and sleep a lot, and I watch television for days. I feel depressed and lonely." Notice all the effects of thinking the thought "Paul doesn't listen to me."

4. Who would you be without the thought? Now consider who you would be if you couldn't think the thought "Paul doesn't listen to me." Close your eyes and imagine Paul not listening to you. Imagine you don't have the thought that Paul doesn't listen (or that he even should listen). Take your time. Notice what is revealed to you. What do you see? How does that feel?

Turn it around. The original statement "I don't like Paul because he doesn't listen to me," when reversed, could become "I don't like myself because

I don't listen to Paul." Is that as true or truer for you? Are you listening to Paul when you're thinking about him not listening to you? Continue to find other examples of how you don't listen.

Another turnaround that could be as true or truer is "I don't like myself because I don't listen to myself." When you're thinking about what Paul should be doing, are you listening to yourself? Do you put your own life on hold when you believe that he should listen? Can you hear how you talk to Paul when you believe that he should listen?

After sitting with the turnarounds, you would continue a typical inquiry with the next statement written in number 1 on the Worksheet — I'm angry at Paul because he doesn't appreciate me — and then with the other statements on the Worksheet.

Your Turn: The Worksheet

Now you know enough to try out The Work. First you'll put your thoughts on paper. Simply pick a person or situation and write, using short, simple sentences. Remember to point the finger of blame or judgment outward. You may write from your present position or from your point of view as a five-year-old or twenty-five-year-old. Please do not write about yourself yet.

1) Who angers, confuses, saddens, or disappoints you, and why? What is it about them that you don't like? (Remember: Be harsh, childish, and petty.) I don't like (I am angry at, or saddened, frightened, confused, etc., by) _____ because _____.

2) How do you want them to change? What do you want them to do? I want (name) to _____.

3) What is it that they should or shouldn't do, be, think, or feel? What advice could you offer? _____ should (shouldn't) _____.

4) Do you need anything from them? What do they need to do in order for you to be happy? (Pretend it's your birthday and you can have anything you want. Go for it!) I need _____ to _____.

5) What do you think of them? Make a list. (Don't be rational or kind.) _____ is _____.

6) What is it that you don't want to experience with that person again? I don't ever want _____.

Your Turn: The Inquiry

One by one, put each statement on the Judge-Your-Neighbor Worksheet up against the four questions, and then turn around the statement you're working on. (If you need help, refer back to the example a few pages ago). Throughout this process, explore being open to possibilities beyond what you think you know. There's nothing more exciting than discovering the don't-know mind.

It's like diving. Keep asking the question and wait. Let the answer find you. I call it the heart meeting the mind: the gentler polarity of mind (which I call the heart) meeting the polarity that is confused because it hasn't been investigated. When the mind asks sincerely, the heart will respond. You may begin to experience revelations about yourself and your world, revelations that can transform your whole life, forever.

Look at the first statement that you have written on number 1 of your Worksheet. Now ask yourself the following questions:

1. Is it true?

Reality, for me, is what is true. The truth is whatever is in front of you, whatever is really happening. Whether you like it or not, it's raining now. "It shouldn't be raining" is just a thought. In reality, there is no such thing as a "should" or a "shouldn't." These are only thoughts that we impose onto reality. Without the "should" and "shouldn't," we can see reality as it is, and this leaves us free to act efficiently, clearly, and sanely.

When asking the first question, take your time. The Work is about discovering what is true from the deepest part of yourself. You are listening for your answers now, not other people's, and not anything you have been taught. This can be very unsettling, because you're entering the unknown. As you continue to dive deeper, allow the truth within you to rise and meet the question. Be gentle as you give yourself to inquiry. Let this experience have you completely.

2. Can you absolutely know that it's true?

If your answer to question 1 is yes, ask yourself, "Can I absolutely know that it's true?" In many cases, the statement appears to be true. Of course it does. Your concepts are based on a lifetime of uninvestigated beliefs.

After I woke up to reality in 1986, I noticed many times how people, in conversations, the media, and books, made statements such as "There isn't enough understanding in the world," "There's too much violence," "We should love one another more." These were stories I used to believe, too. They seemed sensitive, kind, and caring, but as I heard them, I noticed that believing them caused stress and that they didn't feel peaceful inside me.

For instance, when I heard the story "People should be more loving," the question would arise in me "Can I absolutely know that that's true? Can I really know for myself, within myself, that people should be more loving? Even if the whole world tells me so, is it really true?"

And to my amazement, when I listened within myself, I saw that the world is what it is — nothing more, nothing less. Where reality is concerned, there is no "what should be." There is only "what is," just the way it is, right now. The truth is prior to every story. And every story, prior to investigation, prevents us from seeing what's true.

Now I could finally inquire of every potentially uncomfortable story, "Can I absolutely know that it's true?" And the answer, like the question, was an experience: No. I would stand rooted in that answer — solitary, peaceful, free.

How could no be the right answer? Everyone I knew, and all the books, said that the answer should be yes. But I came to see that the truth is itself and will not be dictated to by anyone. In the presence of that inner no, I came to see that the world is always as it should be, whether I opposed it or not. And I came to embrace reality with all my heart. I love the world, without any conditions.

If your answer is still yes, good. If you think that you can absolutely know that that's true, it's always fine to move on to question 3.

3. How do you react when you think that thought?

With this question, we begin to notice internal cause and effect. You can see that when you believe the thought, there is an uneasy feeling, a disturbance that can range from mild discomfort to fear or panic.

After the four questions found me, I would notice thoughts like "People should be more loving," and I would see that they caused a feeling of uneasiness. I noticed that prior to the thought, there was peace. My mind was quiet and serene. This is who I am without my story.

Then, in the stillness of awareness, I began to notice the feelings that came from believing or attaching to the thought. And in the stillness, I could see that if I were to believe the thought, the result would be a feeling of unease and sadness.

When I asked, “How do I react when I believe the thought that people should be more loving?” I saw that not only did I have an uncomfortable feeling (this was obvious), but I also reacted with mental pictures to prove that the thought was true.

I flew off into a world that didn’t exist. I reacted by living in a stressed body, seeing everything through fearful eyes, a sleepwalker, someone in an endless nightmare. The remedy was simply to investigate.

I love question 3. Once you answer it for yourself, once you see the cause and effect of a thought, all your suffering begins to unravel.

4. Who would you be without the thought?

This is a very powerful question. Picture yourself standing in the presence of the person you have written about when they’re doing what you think they shouldn’t be doing. Now, just for a minute or two, close your eyes, and imagine who you would be if you couldn’t think this thought.

How would your life be different in the same situation without this thought? Keep your eyes closed and watch them without your story. What do you see? How do you feel about them without the story? Which do you prefer — with or without your story? Which feels kinder? Which feels more peaceful?

For many people, life without their story is literally unimaginable. They have no reference for it. So “I don’t know” is a common answer to this question. Other people answer by saying, “I’d be free,” “I’d be peaceful,” “I’d be a more loving person.” You could also say, “I’d be clear enough to understand the situation and act efficiently.” Without our stories, we are not only able to act clearly and fearlessly; we are also a friend, a listener. We are people living happy lives. We are appreciation and gratitude that have become as natural as breath itself.

Happiness is the natural state for someone who knows that there’s nothing to know and that we already have everything we need, right here now.

Turn it around.

To do the turnaround, rewrite your statement. First, write it as if it were written about you. Where you have written someone’s name, put yourself. Instead of “he” or “she,” put “I.” For example, “Paul should be kind to me” turns around to “I should be kind to myself” and “I should be kind to Paul.” Another type is a 180-degree turnaround to the extreme opposite: “Paul shouldn’t be kind to me.” He shouldn’t be kind, because he isn’t (in my opinion). This isn’t an issue of morality but of what’s actually true.

You may come to see three or four or more turnarounds in one sentence. Or there may be just one that feels true for you. Consider whether or not each turned-around statement is as true as or truer than your original statement. For example, the turnaround “I should be kind to myself” does seem as true as or truer than the original statement, because when I think that Paul should be kind to me, I get angry and resentful, and I cause myself a lot of stress. This is not a kind thing to do.

If I were kind to myself, I wouldn't have to wait for kindness from others. "I should be kind to Paul" — that too is at least as true as the original statement. When I think that Paul should be kind to me and I get angry and resentful, I treat Paul very unkindly, especially in my mind. Let me begin with myself and act as I'd like Paul to act. As for "Paul shouldn't be kind to me," that is certainly truer than its opposite. He shouldn't be kind, because he isn't. That's the reality of it.

The turnaround is a very powerful part of The Work. As long as you think that the cause of your problem is "out there" — as long as you think that anyone or anything else is responsible for your suffering — the situation is hopeless. It means that you are forever in the role of the victim, that you're suffering in paradise. So bring the truth home to yourself and begin to set yourself free. Inquiry combined with the turnaround is the fast track to self-realization.

The Turnaround for Number 6

The turnaround for statement number 6 on the Judge-Your-Neighbor Worksheet is a bit different from the others. We change "I don't ever want to..." to "I am willing to..." and "I look forward to...."

For example, "I don't ever want to argue with Paul again" turns around to "I am willing to argue with Paul again" and "I look forward to arguing with Paul again."

This turnaround is about embracing all of life. Saying — and meaning — "I am willing to..." creates openness, creativity, and flexibility. Any resistance that you may have is softened, allowing you to lighten up rather than keep hopelessly applying willpower or force to eradicate the situation from your life. Saying and meaning "I look forward to..." actively opens you to life as it unfolds.

It's good to acknowledge that the same feelings or situation may happen again, if only in your thoughts. When you realize that suffering and discomfort are the call to inquiry, you may actually begin to look forward to uncomfortable feelings. You may even experience them as friends coming to show you what you have not yet investigated thoroughly enough. It's no longer necessary to wait for people or situations to change in order to experience peace and harmony. The Work is the direct way to orchestrate your own happiness.

Frequently Asked Questions

by Byron Katie

I have a hard time writing about others. Can I write about myself?

If you want to know yourself, I suggest you write about someone else. Point The Work outward in the beginning, and you may come to see that everything outside you is a direct reflection of your thinking. It is all about you. Most of us have been pointing our criticism and judgments at ourselves for years, and it hasn't solved anything yet. Judging someone else, inquiring, and turning it around is the fast path to understanding and self-realization.

How can you say that reality is good? What about war, rape, poverty, violence, and child abuse? Are you condoning them?

How could I condone them? I simply notice that if I believe they shouldn't exist when they do exist, I suffer. Can I just end the war in me? Can I stop raping myself and others with my abusive thoughts and actions? If not, I'm continuing in myself the very thing I want to end in the world. I start with ending my own suffering, my own war. This is a life's work.

So what you're saying is that I should just accept reality as it is and not argue with it. Is that right?

The Work doesn't say what anyone should or shouldn't do. We simply ask, "What is the effect of arguing with reality? How does it feel?" This Work explores the cause and effect of attaching to painful thoughts, and in that investigation we find our freedom. To simply say that we shouldn't argue with reality just adds another story, another philosophy or religion. It hasn't ever worked.

Loving what is sounds like never wanting anything. Isn't it more interesting to want things?

My experience is that I do want something all the time: What I want is what is. It's not only interesting, it's ecstatic! When I want what I have, thought and action aren't separate; they move as one, without conflict. If you find anything lacking, ever, write down your thought and inquire. I find that life never falls short and doesn't require a future. Everything I need is always supplied, and I don't have to do anything for it. There is nothing more exciting than loving what is.

What if I don't have a problem with people? Can I write about things, like my body?

Yes. Do The Work on any subject that is stressful. As you become familiar with the four questions and the turnaround, you may choose subjects such as the body, disease, career, or even God. Then experiment with using the term "my thinking" in place of the subject when you do the turnarounds.

Example: "My body should be strong and healthy" becomes "My thinking should be strong and healthy."

Isn't that what you really want — a balanced, healthy mind? Has a sick body ever been a problem, or is it your thinking about the body that causes the problem? Investigate. Let your doctor take care of your body as you take care of your thinking. I have a friend who can't move his body, and he is loving life. Freedom doesn't require a healthy body. Free your mind.

How can I learn to forgive someone who hurt me very badly?

Judge your enemy, write it down, ask four questions, turn it around. See for yourself that forgiveness means discovering that what you thought happened didn't. Until you can see that there's nothing to forgive, you haven't really forgiven. No one has ever hurt anyone. No one has ever done anything terrible. There's nothing terrible except your uninvestigated thoughts about what happened. So whenever you suffer: Inquire, look at the thoughts you're thinking, and set yourself free. Be a child. Start from the mind that knows nothing. Take your ignorance all the way to freedom.

Is inquiry a process of thinking? If not, what is it?

Inquiry appears to be a process of thinking, but actually it's a way to undo thinking. Thoughts lose their power over us when we realize that they simply appear in the mind. They're not personal. Through The Work, instead of escaping or suppressing our thoughts, we learn to meet them with open arms.

Katie-isms

by Byron Katie

When you argue with reality, you lose — but only always.

Personalities don't love — they want something.

If I had a prayer, it would be this: "God spare me from the desire for love, approval, or appreciation. Amen."

Don't pretend yourself beyond your own evolution.

I am the perpetrator of my suffering — but only all of it.

An unquestioned mind *is* the world of suffering.

Anything you want to ask a teacher, ask yourself. If you really want to know the truth, the answer will meet your question.

It's not your job to like me — that's my job.

The worst thing that has ever happened is an uninvestigated thought.

Sanity doesn't suffer, ever.

The teacher you need is the person you're living with. Are you listening?

I don't let go of my concepts — I meet them through inquiry, then *they* let go of *me*.

Reality is always kinder than the story we tell about it.

Ultimately I am all that I can know.

Confusion is the only suffering.

What is is. You don't get a vote. Haven't you noticed?

I'm very clear that the whole world loves me. I just don't expect them to realize it yet.

There are no physical problems — only mental ones.

The direct route is: "God is everything; God is good."

The only way I can be angry at you is when I have thought, said, or done something that is unkind in my own opinion.

Reality is God, because it rules.

Miscellaneous

Reviews of Loving What Is

“Good lord! Where did Byron Katie come from? She’s the real McCoy. Her Work is amazingly effective — a simple, straightforward antidote to the suffering we unnecessarily create for ourselves. She asks us to believe nothing, but provides a surprisingly effective and simple way to cut through the tangle of delusions we wrap ourselves in.”

- David Chadwick, author of *The Crooked Cucumber*

“Suppose you could find a simple way to embrace your life with joy, to stop arguing with reality, and to achieve serenity in the midst of chaos. That is what *Loving What Is* offers. It is no less than a revolutionary way to live your life. The question is: Are we brave enough to accept it?”

- Erica Jong, author of *Fear of Flying*

“If I could give one book to everyone in the world, this would be it. I’m an ordained Christian minister, and I’d give out this book before the Bible itself. It is literally the key to end all suffering. The information it contains can replace all self-help books. It’s that transformational.”

- J.B., Nemaquin, PA (on Amazon.com)

“I am 52 years old, and I'm not someone who is trying to work out my relationship with other races, or explore why a spouse was unfaithful to me. I’m a disabled vet; for over thirty years I’ve been diagnosed with ‘paranoid schizophrenia.’

One day a few weeks ago, my friend Fred stopped by. He brought over a book called *Loving What Is*. ‘Let’s try this,’ he said. I went through the processes as Fred facilitated. ‘Who would you be without that thought?’ I sank down into what it would be like to be without that thought, someone simply enjoying my relationships with other people, exchanging ideas, passing time. It felt... free.

In twenty minutes, years of irascibility, anger, and confusion... just went away.

I used to sit in Rap Groups when the Vet Centers first came out and I watched Vets struggle with the horrors that had changed their lives so dramatically. Today, I wish someone had been sitting there like my buddy Fred, with *Loving What Is* and a piece of paper with four questions scribbled on it. Who might it have helped? I can only wonder. Three decades later, I know it helped me. I only have one thing to say to other Vets about that: For those who fought for freedom, it’s your time to be free. Do The Work.”

- J.M.L., Reno, NV

The School for The Work

The School for The Work is an unrelenting, unforgettable experience, filled from morning till night with group outings and original exercises that provoke insights about any aspect of your life that you haven't fully embraced. People who have "been everywhere and done everything" are amazed at the transformation this School makes possible. Each exercise is led directly by Katie and is tailored to meet the needs of the participants attending — no two Schools are the same. And after nine days with Katie, you won't be either.

Special: Register online for The School for The Work with Katie and receive \$100 off tuition. Enter code LB0403sw during the checkout process.*

Weekend Intensives

The Weekend Intensives are an opportunity to experience the power of The School in a weekend program. Katie leads participants through several of her most powerful exercises, and gives people a chance to facilitate themselves and others. Clear communication skills, such as how to say no in a way that is loving yet maintains your integrity, and a question and answer period round out the program. Don't be fooled by the shorter length — the intensives have been called "blockage-busting," "revelatory," and "the most powerful weekend of my life."

Special: Register online for a Weekend Intensive with Katie and receive \$30 off tuition. Enter code LB0403wi during the checkout process.*

The Work Store

A popular and enjoyable way to deepen one's understanding of The Work is to listen to Katie as she facilitates others. Her fluidity, her balance of firmness and compassion, and her trademark sense of humor all make for great entertainment and powerful realizations. The Work Store offers tapes and videos of Katie expertly facilitating audience members on topics such as sex, money, parents, relationships, work, and much more.

Special: Shop online for tapes and videos and save \$10 on purchases over \$50. Enter code LB0403ws during the checkout process.*

* Each person may use each discount code only one time, and may not combine it with other offers for that event or purchase. To receive these discounts, visit the web site

The Work on the Internet

Would you like to connect with other people doing The Work? There are many groups meeting online to discuss their experiences and realizations related to doing The Work, as well as ways to move inquiry into places such as prisons and mental health practices. You can learn more about these discussion groups by visiting the "Net-work with Others" section of the web site.

The Four Questions

Here are the four questions again. Some people print this on a card and keep it close at hand.

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you think that thought?
4. Who would you be without the thought?

Turn the statement around. (Is that as true or truer? Can you find another turnaround?)

How to use this shortcut

Whenever you're feeling under the weather, unhappy, or stressed, stop for a few minutes and do the Work. Use a pen and some paper and just ask yourself the above questions, and see what comes up for you. Don't force anything, just answer honestly and see how you answer. Surprisingly often you'll be able to just let go of whatever is troubling you.

This will allow you to let go of all kinds of things that were stressful in the past. No matter how long they have troubled you, asking these four simple questions can help you let go of them. As you become calmer and more relaxed, you're less likely to resort to overeating to help you feel better. Once more, without effort, your excess weight will gradually disappear.

Where to find out more

The Work is presented in great detail for free at their [web site](#). There are many articles to read as well as free worksheets you can download to do the work yourself. Byron Katie has also written an excellent book on the topic called 'Loving What Is'. It's available at the web site, as well as Amazon.com and many other booksellers.

Summary

The Work allows us to escape from the grip that our thoughts often have on us. By realizing how much trouble many of our thoughts and beliefs cause us, we're more able to let go of those which don't serve us. As we gradually let go of things which keep us from being happy and loving, we find ourselves much more at peace. All from four simple questions.

Emotional Freedom Techniques

EFT is a very powerful emotional healing process which takes only a few minutes to apply. Instead of taking months or years of talk therapy to understand your problem and where it came from, EFT is able to bring about painless healing often in a matter of hours. It's helped people with life long issues, including Vietnam veterans.



However, it's just as effective at dealing with simple phobias, or various forms of anxiety and emotional discomfort. This is why it's an excellent tool to help with weight loss. By using EFT to take care of emotional pain, you'll find yourself less likely to reach for the fridge for comfort. This will lead to you naturally losing weight, without willpower or feeling deprived.

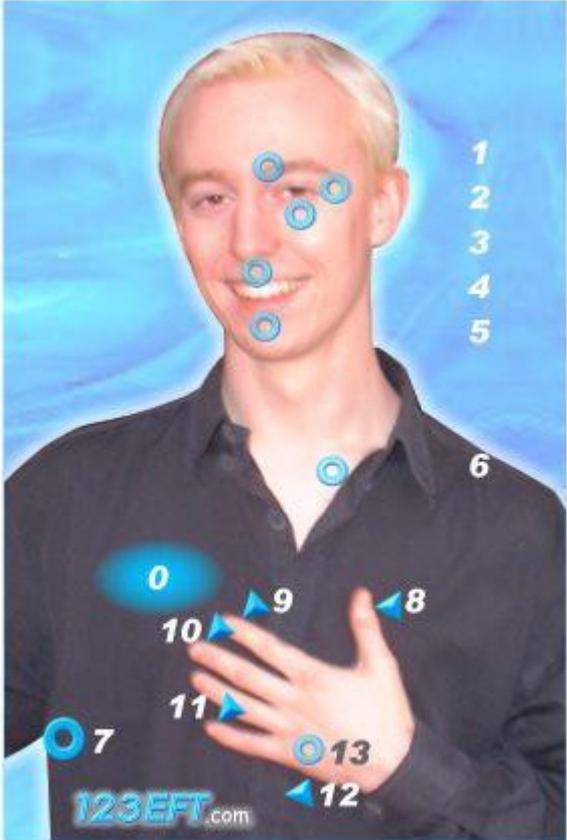
Introduction

By Siliva Hartmann

- **EFT is a meridian energy therapy** - just like acupuncture, it works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian points by tapping on them or massaging them lightly.
- **EFT is a true mind/body healing technique** because it combines the physical effects of meridian treatments with the mental effects of focussing on the pain or problem at the same time.
- **EFT is a self help protocol**, designed for ease of use and so everyone can benefit from Emotional Freedom Techniques without prior knowledge about meridians.
- **EFT was designed and developed by Gary Craig**, a Stanford Engineer, from Dr. Roger Callaghan's Thought Field Therapy or TFT.
- TFT is done by a carefully trained practitioner and relies on complex sequences of tapping the points.
- Gary Craig applied the concept of "total redundancy" to TFT and made the EFT Emotional Freedom Techniques protocol in which you tap all the meridian points for every problem, so by default you will always tap on the right one.
- Gary Craig' [web site](#) is where you can buy a comprehensive EFT video course that shows you how to do Emotional Freedom Techniques with many different people and in many different situations, including treating Vietnam veterans for severe post traumatic stress disorder (PTSD), fears and severe phobias, sports performance, performance anxiety and addictions to cigarettes, sugar and much, much more besides.
- Sometimes, the reasons and causes for problems, anxieties and fears are difficult to reach for a single person working on their own.

- In this case, it is a good thing to visit with a good EFT Emotional Freedom Techniques or MET (meridian energy therapies) practitioner who has experience and can find out how to start the process off right.
- But you still continue to use the basic EFT protocol at home or when you are in the situation that is making you nervous, fearful or stressed.
- You can do the Emotional Freedom Technique on yourself anywhere, everywhere - all it takes is a few minutes and your own hands - makes EFT remarkable in all ways in psychology and self help.
- Without any training, you really can use EFT to help yourself in moments of doubt and fear, in the middle of the night, or when you are on your own.

The Basic Process

The EFT tapping points	
	<p>0 = The Sore Spot - On your chest where you would pin a medal or a brooch. Gently push with your fingertips to find an area that feels tender, rather than sore.</p> <p>1 = Start Of The Eyebrow - Where the bone behind your eyebrow turns into the bridge of your nose.</p> <p>2 = Corner Of The Eye - On the bone in the corner of your eye.</p> <p>3 = Under The Eye - On the bone just below your eye, in line with your pupil if you look straight ahead.</p> <p>4 = Under The Nose - Between your nose and your upper lip</p> <p>5 = Under The Mouth - In the indentation between your chin and your lower lip</p> <p>6 = Collarbone - In the angle formed by your collarbone and the breastbone</p> <p>7 = Under Arm - in line with a man's nipples on the side of the body</p> <p>8 = Thumb - all finger points are on the side of the finger, in line with the nail bed.</p> <p>9 = Index, 10 = Middle, 11 = Little Finger</p> <p>12 = Karate Chop Point - on the side of your hand, roughly in line with your life line.</p> <p>13 = Gamut Point - just behind and between the knuckles of your ring and little finger.</p>

Take a moment now to find and touch each point in turn. You may notice that some feel slightly different from others, or you may not. When you get to work on various issues, you will feel that some of the points "feel" differently when you tap them, and you will notice that the shift or release will occur with one or more points, depending on the reason for using the technique at the time.

"Tapping" The Points

In EFT, these points are stimulated by tapping on them. Try now tapping the point under your eye, with your index or index and middle fingers, quite rapidly* about seven to nine times or as many times as it takes for you to take a normal breath in and out. The strength of tapping should be comfortable, but you should be able to feel a resonance from the tapping spreading out across a reasonable part of that side of your face.

** I have noticed that different people have different speeds of tapping. We generally show a tapping speed in line with the rhythm of "Jingle Bells".*

*In spite of this, some people develop a kind of woodpecker action after a while, and others tap quite slowly. I would suggest that what **feels** right to you probably **is** right for you.*

For practice, tap all the points from the Eyebrow to the Karate Chop point now just to get the feel of doing it.

Contacting The Problem

To direct the releasing effects of the tapping to the required area, we focus the mind on the problem by using a statement of the problem: "I am afraid of heights."

Preferably, this is **spoken out loud** to engage as much of the neurology as possible and to contact the problem as directly as possible.

In a moment, take a little time to think about a problem that you have, a pain, a fear, an illness or perhaps a phobia, something that always makes you depressed when you think about it, just generally any negative emotion you are happy to release now and forever. Choose a statement that rings true to you, choosing words that make sense to you and you alone.

The more forthright, direct and truthful you can be, the more profound a change you will experience.

The Set Up Now that we've named the problem, we can start with the Set Up.

For the opening statement, we use the following routine:

Find the sore spot on either side of your chest; rub it round gently and say:

"Even though I (insert problem statement), I deeply and profoundly accept myself."

For example, if you decided your problem was "My back is killing me", you would say as your Set Up Statement:

"Even though my back is killing me, I deeply and profoundly accept myself."

Repeat this **three times**, rubbing the Sore Spot continuously as you do so, and please do endeavor to put some meaning and energy into the "I deeply and profoundly accept myself" part.

The Round Following the Set Up, we now tap all the points, starting from the top (Eyebrow) and ending up with the Karate Chop Point on the hand.

As you tap each point, repeat a **shortened version of the Set Up Statement which is called the reminder phrase**; so if your set up statement was,

"Even though I hate and despise my boss, I deeply and profoundly accept myself",

... you say the reminder (shortened version) phrase:

"I hate and despise my boss"

... **on each point at the same time as you tap.**

The 9 Gamut

This is the middle part in what is sometimes called the EFT sandwich:

Following tapping all the points about 7 times from the top of the eyebrow to the karate chop point, you tap continuously on the Gamut point, and then do the following:

- move your eyes from the floor to the ceiling without moving your head and back again.
- move your eyes from left to right and back again
- move your eyes in a big circle and back again
- hum - Happy Birthday To You (or another tune or just a scale) for about one bar;
- count - one two three four five
- hum again

Take a deep breath in and out.

As you do these (at first slightly unusual) things*, repeat the statement in between as best you can to keep yourself focussed on the problem in hand.

Then, repeat the Round one more time, tapping all the points from the eyebrow to the karate chop point. Take a deep breath and allow yourself a moment to reflect on how you feel now.

The eye movements are linked to various brain functions and the reason for the humming-counting-humming maneuver is to switch between hemispheres quite quickly; both are designed to "wake up" your neurology so the tapping can go to work on the problem.

Testing Your Changes A great way to ascertain from yourself or others just how you feel is to put a number on it. The technical term is taking a SUD Level or SUDS Scale reading, which stands for *Subjective Units of Disturbance*.

What that means is you ask yourself:

On a scale of 10 to 0, 10 being the highest imaginable pain/freak out/fear/sadness/discomfort, and 0 being completely calm, pain free, tranquil, relaxed and happy, how would you rate what you are experiencing at this moment?

This works for emotions as well as for physical sensations and even for beliefs which might be a problem:

On a scale of ten to zero:

- how depressed are you right now?
- how painful is your leg?
- how bad is your fear of heights?
- how distressing is this memory?
- how much do you hate this person?

Before you begin tapping for any subject or problem, **take the time to take a SUDS rating and make a mental note of it**. Then, when you have completed a Sandwich treatment, ask the question again to find how much has changed. It's a good way to be able to assess how well the treatment has worked and **if you need to repeat the treatment**.

Sometimes, the problem can go from as high as 10 to as low as 0 in a single Sandwich treatment.

More often though, you start with 8 or 9, and after a round of tapping, the severity is reduced to a 4 or a 5.

This means that the treatment is beginning to work but there's more to be done.

Testing is a very important part of the EFT procedure
Subsequent Treatment Rounds

If the original set up statement was something along the lines of, "Even though I have this problem" and you have tapped a first round on "this problem", and upon checking with yourself, this problem is not as severe anymore but still noticeable, change the start up affirmation to:

"Even though there is still some of this problem remaining",

or

"Even though I still have some of this problem".

When you're down to a rating of "Oh its a tiny little bit now" which would be a 2, 1 or a half on the subjective rating scale, a third round can be done with the opening statement of,

"I want to completely overcome this problem and I fully and completely accept myself".

And that's it!

It's as simple as that. There's no need for you to worry about getting it wrong, or getting the wrong statement.

ALL TAPPING YOU DO IS GOOD FOR YOU.

Any tapping you do stimulates the meridians, relaxes you, calms you and makes you feel a little better, even if you get totally the wrong opening affirmation and the original problem has not yet shifted.

Just try again with a different start up phrase, or think about what the truth about the problem might be.

Choices

By Pat Carrington

Introduction

Frequently, if a client has been cleared of a block by using EFT the problem may be gone forever, or only require a few "booster" tapping sessions at home before the treatment really 'takes'.

But what of the issues which, having been successfully tapped on, still need to be assimilated into a person's life pattern to have their greatest effect? The way a person has lived their life up until now – their self-image and habitual ways of being — can work against even the most beneficial changes, and although they may not wipe out the gains made, they can make these gains less pervasive and influential. In this event we will not have gotten everything we could out of that stunning switch in perspective that can occur with EFT.

Here is where the use of "Choices" (a form of affirmation which I find more effective in many instances than the straight declarative form) comes in. I've found that the "Choices" method can assist a client to consolidate and make permanent the beneficial changes brought about by EFT, thus helping these EFT-created changes to generalize to many aspects of the person's life. When that happens, we see true transformation.

Let me give you an example.

"Tara" came into therapy for help with intermittent depression and marital problems. She is an accomplished singer who grew up in a world of theatre people. Her mother played a

regular bit part on a TV series, her father was a well-known TV director. Their friends were all show biz people.

An only child, Tara recalls that she was always dressed up in “adorable” clothes with an ever-different colored bow in her soft blonde curls. She would often recite Longfellow poems and do a little tap dance at age 3 to excited rounds of applause from their guests, which of course was the highest form of compliment from show people. At superficial glance one might conclude that she was “over-valued” since her every move was subjected to exaggerated attention (either praise or criticism), and her mother professed incredible pride and seemed to glory in her daughter’s achievements, never missing a detail of one of her recitals. In fact, the mother seemed almost to have lived vicariously through her daughter, enjoying a triumph that she had never achieved in her own modest career.

When Tara came into therapy she acted as though she had “no identity” of her own, and this became a main focus for her treatment. In her year and a half of therapy we have made heavy use of EFT, with many sessions of tapping on her original family situation, on her fear of being more successful than her pretty actress mother, on her fear of failing to please her “highly directive” director father, and on the depression she feels today when she isn’t getting what she considers enough attention (no applause in other words) from others.

During this time, Tara has changed remarkably. She now walks with dignity where before she seemed to flutter into a room. She now speaks more slowly and with a new sincerity and directness that make her come across as a “real person” to others for the first time. Her life in general, and her relationships have become much more real and very much richer. It often seems as though I am greeting a different person when she walks into the office.

Despite all these gains, however, she still had a residual sadness in her face, the look of a person gazing at some far away painful scene.

When she came for a session recently, her sadness had come to the surface (which was good because now we could deal with it directly), and as we tapped on the sadness, it became evident that it was not due to anything in the present, nor was it about her being forced in childhood to uphold a facade for their guests — none of that. In fact, it was not about attention per se — rather it was about being in people’s awareness, having them AWARE of her.

In the middle of this session, Tara’s eyes lowered, and she became silent. Then she said in a low voice: “It’s not about my worry about pleasing people anymore — that’s doesn’t bother me the way it did. It’s just that, attention or no attention, , and no matter how much she SAID she loved me, and no matter how much she boasted about me — my mother wasn’t really AWARE of ME.” Her eyes welled up with tears as she spoke about this, and she explained that even when she had performed beautifully, and tap-danced and sung and recited the way her parents wanted her to, that she now realized that her mother never really saw the real “her”.

“She saw the little puppet she’d created. She was so proud of that puppet, but she never saw ME....” She said. Here was a source of some of the deepest sadness within Tara — and we were able, gently and with respect for the difficulty it was for her to articulate this, to dissipate this painful memory through quietly tapping on it:

“...even though Mommy never really saw me” ...”

“...even though Mommy didn't know I was there ...”,

“...even though her eyes didn't really look at me ...”

As she tapped away, a quiet came over Tara, a peace I hadn't seen there before.

There was a new clarity in her eye as she said very slowly, “I never — really — realized this before. She saw the performer. She loved her. She never saw me...” She then said that she had a peaceful feeling about this and that it was a tremendous relief to have faced it and been able to tap right on it, not on issues “around it”. It was clear that this was a turning point for Tara.

I knew how fundamental the session had been and I wanted to help her consolidate her gain, to allow this insight and understanding to become a basis for her life from now on. To help this along, I suggested that we make a few “Choices” relating to what she had discovered. She was familiar with making Choices since we'd used them a number of times during her therapy. So she worked with me to create several to take home with her.

These choices evolved from a discussion which she and I then had about how we can “see” and respect ourselves even though someone as vital in our life as a parent may not have been truly aware of us as a child. Our discussion led to Tara realizing that her mother had not seen “her” (but only the little budding stage star) because the mother had never seen herself as real, but only as a would-be “star.” None of this was because she didn't love Tara. Love had nothing to do with it. It was her mother's sense of insignificance that was the factor operating here.

This was a time of deep understanding for Tara, a melting of a resentment she had carried around against her mother for years. She realized now that the two of them had both been caught in the same dilemma--that both had felt they were nonentities.

Several Choices (which Tara took home with her to work on) came out of this session, each dealing with a slightly different aspect of the problem and stating her preferred solution for it. These were worded as follows:

“I choose to know and love the ‘real’ me, even if Mommy couldn't.”

“I choose to understand why Mommy could never ‘see’ me.”

“I choose to feel close to Mommy because we both had the same problem.”

And finally,

“I choose to allow my real self to be seen.”

This was probably the most important choice of all for Tara because she had been terribly afraid to take this chance before.

She took home the little blue cards with her choices written on them (I’ll explain the process in a moment) and has used them ever since. The feeling that she could “know my real self” has grown in her as a result of this to a point where she has been largely able to dispense with the facade she had had all her life.

She is now an intentionally fine and studied performer on stage (in fact she claims to be an even better one now) but unlike before, she is now able to be a ‘real’ person off stage, one whom she genuinely likes and respects, as do many others. Her choices have strongly reinforced the insights she gained during the EFT process.

If you would like to make use of Choices to consolidate gains made with EFT, here is the procedure I use:

At the end of an EFT session, when we have cleared, or partly cleared, important emotional blocks, I will suggest that the client formulate, along with me, a meaningful choice or series of choices (the latter covers more than one aspect) relating to the issue they have just been tapping on.

I then write down each choice for them, using their exact words, on a 3” by 5” card (usually light blue colored), a separate card for each choice, and hand these to the client at the end of the session. This little ritual has the effect of serving as a symbolic gift from me and is almost always treated with respect and seriousness because of this.

I then instruct the client to read over their choices at home, out loud, twice a day (at a minimum) — when first waking in the morning, and before going to sleep at night. They may carry the cards with them and read aloud the choices when they find themselves with spare moments during the day — such as in the car waiting for a traffic light to change, etc. Many people do this and some have even recorded their choices and listened to them on tape as they drive.

I tell the client not to bother to think about what is on the card between times, rather to just read aloud each choice once and then let it slip out of their mind, to enter their “subconscious” mind, which will do the work FOR them. That is, in fact, exactly what happens.

After that, from time to time during therapy, I will inquire about how a particular choice is progressing (is it manifesting in their life? If so, how?) since I keep a record of their choices in the patient records.

The formulating of the choice (or affirmation) is in itself a part of the therapy, serving to clarify the positive goals of the client. I use choices regularly hand in hand with EFT to achieve profound therapeutic change. In a future posting I’ll talk about why I prefer to use

Choices rather than straight affirmations (in most cases) and how I formulate the wording of them so they will be at their most effective. I'll also tell how I apply Gary's strikingly effective way of using EFT to deal with emotional blocks to the choices or affirmations and thereby greatly increase the effectiveness of the affirmations (see The Palace of Possibilities on Gary's web site). This is the opposite in a sense from using choices to assist EFT. I have found the combination of choices (affirmations) and EFT to be a powerful one that can greatly increase our helping skills. I hope you will enjoy trying it!

Choices as affirmations

I'm continuing here with my discussion of Choices (a type of affirmation used to consolidate gains made in EFT) which I described in a recent post. As a reminder, a way of wording a "Choice" for a person with a fear of public speaking would be, "I choose to feel confident and at ease when speaking before groups". This is different from a traditional form of affirmation addressing the same issue which would be, "I am confident and at ease when speaking before groups." Both are productive ways of using affirmations, but they differ somewhat in their effects, and in my experience are different in terms of their likelihood of being accepted by the average client.

There are of course times when I find traditional affirmations to be more suitable with EFT or with other forms of therapy, I'll speak about this later, but for the most part I use Choices to help carry over the effects of an EFT session into a client's everyday life. I have found this extremely helpful in solidifying changes outside of treatment sessions.

Choices seem to be more acceptable to many people because the conventional affirmation, which asserts that something is "so" in present time (which another part of the same person perceives as NOT being so), tends to invite what Gary has referred to as "tail-enders" (unspoken thoughts and reservations about the affirmation which can rob it of its effectiveness). Of course this isn't the only reason or even the primary reason that people have tail-enders, but my thinking goes like this -- why invite trouble? If we can make an affirmation more comfortable and inviting by casting it in the form of a Choice - why not do that?

Familiarity and positive associations play a big role here. Choices are not perceived as "far out" because we all make choices every day and "having a choice" in a situation versus "having no choice" is clearly preferable. This is important because when we use EFT we are asking the average person to do a pretty unorthodox thing — tapping on acupoints. And I find it helpful not to stretch their acceptance of new and unusual things too far by following this with the suggestion that they use a traditional affirmation — unless the person is very used to and comfortable with these.

The use of Choices has been a pillar of my practice for years now and has enabled me to help my clients bring about transformations in their lives, not just symptom alleviation. It has helped to make permanent some magnificent insights that have appeared in the course of EFT. I estimate that about 75% of my sessions with clients at the present time end up with us formulating some "Personal Choices" which the client then takes home and uses. This procedure facilitates our therapy work by a multiple I can only guess at.

Another advantage of this approach is that making a Choice puts the person in the "Driver's Seat" in their life. The person making a choice is exercising their will, deciding on and committing to a course of action. I have found that this freely entered into commitment can have a powerful influence on the desired result, often making it more likely to be obtained. It doesn't by-pass the ego of the person in the manner that the traditional affirmation does, but instead it engages the ego (or self) in the process. Since it also accepts the reality of the present state of affairs, this makes for a healthy juxtaposition of present reality and desired outcome — creating a strong pull toward the latter.

One way of using Choices — it's a way that can also be used with traditional affirmations, although I've seldom seen this done — is that the "tail-enders", which almost always exist as Gary points out in *The Palace of Possibilities*), can often be handled by the wording of the Choice itself — built into it so to speak.

A client of mine, "Judy" provides an example of this. She wanted to move into a "beautiful, sunny, spacious apartment" but had not been able to get herself to do the things required to bring about such a move. Clearly there were hidden issues blocking her, and as we tapped on "Even though I'm afraid I'll never find that great apartment," her thoughts tuned to her older sister who was resentful about having to live in her own dingy walk-up. This sister had been jealous of Judy all their lives. Judy had been prettier and more popular from day one, but had always tried to please her sister whom she had looked up to greatly as a child.

As she tapped, Judy realized that her need for her sister's love was an important factor blocking her from going all out to obtain a new apartment, and so we turned to working on this aspect:

"Even though (sister's name) will be jealous of me if I get a great apartment ..."
"Even though she won't love me if I get a great apartment ..."
"Even though she'll be mad at me if I get a great apartment ..." etc.

We continued until Judy's SUDS level (her emotional intensity rating on a 0-10 scale) had come down to zero. She was now able to visualize herself going out and actively seeking the apartment, and finding it.

When we came to the end of this session we formulated a Choice for her to take home and work with. Since the need for a family member's love is likely to have many aspects to it, some of which we had not handled as yet, I wanted to facilitate her dealing with this issue outside of therapy and so suggested that she build into her Choice a phrase that would address the potential tail-ender. The wording we settled on for her Choice was:

"I choose to feel loved while living in a beautiful, spacious, sunny apartment."

Notice that I didn't suggest she say "I choose to have my sister love me while ... etc." We can't choose for another person how they should feel or act or be — only for ourselves. So instead I suggested she formulate the Choice so that she would have a subjective feeling of being loved as she lived in that apartment. We can choose to have any feeling that we want.

This simultaneously addressed her wish for a lovely apartment and the tail-ender at the same time. While we had to do some more tapping on other aspects of this issue in the next therapy

session, Judy was actively looking for apartments and getting the word out among friends by the time she arrived for her session. Within three weeks she had found a 'beautiful, sunny, spacious apartment' which she moved into confidently.

Of course, people sometimes find a choice such as "feeling loved" very difficult to make. If so, then we can use EFT to deal with that issue. After removing some of the blocks, we can then help them formulate some additional all-encompassing choices such as: "I choose to feel lovable" or "I choose to feel loved" or address deservedness issues through a Choice.

An occasional person may experience the Choice phraseology as setting the goal off in the future and therefore as less compelling than the direct traditional form of affirmation. I have rarely found this to be the case, however. My experience has been that the "subconscious" does not interpret the wording of a Choice in this manner. I can't count the number of times a Choice made by a client, or one of my friends, or me, has been realized — whether two hours from the moment they conceived of the choice, or three weeks from the date it was first used daily, or a year, or whenever.

Much of what I've been saying about the use of affirmations with EFT applies in most cases to all affirmations, be they couched as Choices or as direct reframes of present reality as in traditional affirmations. I find that the traditional forms of affirmation can be superbly effective in certain therapeutic contexts and the method of choice for them. For example, when I use Gary's Advanced EFT intuiting technique (where he suggests progressive changes in phrasing to deal with core issues while the client taps the karate chop point) I have found that by using direct statements and affirmations, with no "frills" or anything else to impede the process, I can go right to the heart of the matter and join with the client in a deep and complete sense. It would be inappropriate to water down these powerful statements in any way.

Also, there are some global issues that seem to cry out for a direct statement — they seem to be beyond choice. For example, a client of mine had been struggling with an issue of individuation — she constantly saw herself through her mother's eyes ("What would Mom think about this?"). After she had dealt with some of the issues around her mother in therapy, she made this Choice to help her progress— it followed from an insight that had come to her during tapping:

"The real me is known only to me and God."

It would have been inappropriate to have formulated this as a Choice as in, "I CHOOSE to have the real me known only to me and God." This client's belief system fully supported the affirmation she had made and to artificially introduce an act of choice here could have watered down the impact of the affirmation. In fact, her affirmation turned out to be extremely helpful for this young woman, reminding her repeatedly as she worked with it at home of her existence apart from her mother, in a very positive way.

It is a clinical judgment whether or not to suggest a Choice or a traditional affirmation in a given instance. While I've found that Choices are preferred most of the time, the direct reframe used in a traditional affirmation, where appropriate, can have a powerful impact often not obtainable by a Choice. I encourage you to try both approaches, and to use affirmations (whichever form) freely and creatively in your work with EFT.

Choices in the setup phrase

Never underestimate the power of the Internet! What I'm going to share with you today is a discovery that came about as a result of my posts concerning the use of "Choices" with EFT. (Choices are affirmations which differ from the traditional ones in that the statement of desired outcome is preceded by the words, "I choose to ..." instead of by a simple declarative phrase such as "I am, I have").

Several subscribers to this List wrote to thank me for suggesting that they introduce Choices into the EFT Set-Up phrase. The universe works in strange ways — actually I had not suggested that particular use, but here were people applying it with intriguing results. Also, Christine Sutherland (Director of the Meridian Therapies List), who had not thought that I suggested it but had thought it a natural thing to try, wrote me about several successes she has had using Choices in this way. Clearly this new use for Choices was "out there in the air" for people to pick up on.

This "serendipitous" happening struck me as possibly an important lead in disguise, so I set out to investigate the use of Choices in the set-up phrase by trying this out on myself first, something I regularly do when exploring a new possibility. I was immediately impressed by its effects on me and, when I used it with my clients, I obtained similar positive results. Accordingly, I have combined the new "Choice Set-Up" with my Alternate Phrase technique, refined this approach, and mapped out guidelines for its use. I think it may be of use to us all.

In the "Choice Set-Up," you replace the self-acceptance affirmation used at the end of the EFT set-up phrase by a Choice addressing the problem at hand. The reminder phrase that follows can take several forms. Which one is selected in a particular instance is determined by the judgment of the therapist and the preferences of the client. The reminder phrase can be:

(1) Just the negative portion of the set-up phrase (the "even though" part, without the "even though"). I find this to be the best approach when a person is so overwhelmed by a negative emotion that they simply cannot contemplate anything positive at that point.

(2) Both the negative portion AND the positive portion of the set-up phrase, used within alternate rounds of the treatment. In this method the negative portion of the set-up phrase is used throughout the first round, and the positive portion (the Choice) is used throughout the second round. The two rounds are in a sense coupled and constitute a single "treatment" sequence. If more work needs to be done, then the alternating rounds (a negative round followed by a positive round) is repeated as many times as necessary. This sequencing links up a negative cognition with a positive one, something I will talk about in a minute.

(3) Just the positive portion of the set-up phrase (that is, the Choice itself). I find this to be particularly useful when the person has already cleared out enough of their negative feelings so that they can now contemplate the positive in full force. I often use it to wind up the tapping series.

Will the Choice Set-Up ever replace the valuable self-acceptance phrase which has been the mainstay of our EFT practice? Actually I do not think we need to or should choose between the two. Both approaches seem to be useful in their own right, and each can be the preferred

method under certain circumstances. In a later post, I will discuss when I am finding one or the other to be more useful for a particular purpose.

To give you an idea of how the Choice Set-Up works out in practice, here is how one of my clients, "Brian", used it recently. Brian was driving to an interview which was very important to him when he found himself caught in a traffic jam and realized that he was now going to be late for this appointment. Being an experienced EFTer, he decided to do some tapping on himself. Ordinarily he would have used the standard EFT Set-Up phrase, which might have gone, "Even though I feel furious and anxious about the delay, I deeply and completely accept myself." As we all know, this might well have reduced his distress. However, he decided to try the Choice Set-Up he learned from me earlier in the week, and tells me that its effect on him seems to have been even more positive than when he used the standard set-up phrase in the past.

In the Choice Set-Up, the person is to come up with a Choice which is the direct opposite of their unwanted state, in a sense an antidote to it. So Brian picked, "Even though I feel furious and anxious, I choose to have this unexpected delay work to my advantage." Of course he could just as easily have said, "I choose to be calm and confident when I walk in for the interview" or made some other Choice which could have counteracted the problem he was experiencing. The only rule he had to follow was that it would have had to be a targeted statement aimed at the specific challenge he was facing, rather than a general self-acceptance statement.

He used as his reminder phrase, "I feel furious and anxious about the delay," which was the negative portion of his set-up phrase. After tapping on this for several rounds, his SUDS level (rating of distress on a 0-10 point scale) was now almost down to a zero (the familiar EFT success story) and he felt relaxed and philosophical about his problem. However, the full effectiveness of this approach was yet to be seen. After a few more minutes of waiting, the police loudspeakers announced that all traffic was being re-routed through another town. Because this rather long detour meant adding 20 to 30 minutes to his trip, Brian was jolted out of his relaxed state. In his words his stomach "tightened as though in a vise".

What happened next is what is of special interest here. Immediately following this initial negative reaction, Brian seemed to hear the faint and muffled words in his mind, "I choose to have this unexpected delay work to my advantage." This optimistic thought seemed to pull him out of the negative state and he found himself thinking instead about how he could tell his interviewers on the cell phone about this delay in such a way that he would come across as wonderfully cool under trying circumstances, something that could only serve him well in the eventual interview.

As he drove on, he used the time to plan out how he would condense his presentation when he did arrive so that the interviewers would be impressed with his on-the-spot resourcefulness. Actually, he was so pleased with the way he was able to map this out that he entered the interview with a confidence that apparently did impress them, for he was approved for the transfer to another division of his company (which was the reason he had sought this interview).

This positive shift in attitude after using the Choice Set-Up seems to be typical of many people. Although I or others may not recall the actual words of our Choices when confronted

by a later challenge as Brian did, we often find ourselves experiencing our chosen positive state when our original negative state (the “negative cognition”) is set-off again by some new challenge.

But WHY should this happen? What mechanism could be at work here? This is an important question. My hunch is that the Choice Set-Up establishes a strong “link” (in psychological terms a “conditioned response”) between the person’s negative cognition (the “Even though....” phrase) and his or her positive cognition (the “I choose....” phrase). This link, I think, is created at a very deep level because of the highly suggestible state brought about by the tapping. EFT provides a superb condition for creating positive cognitions and deepening insights, as witness the effectiveness of Gary’s Advanced EFT Techniques where the client is open to deeper and deeper insights and self-confrontations as the tapping proceeds.

Once a link is formed between a person’s negative cognition and their positive Choice, the negative cognition now becomes a trigger that automatically evokes the positive Choice each time it is activated. For those familiar with Neurolinguistic Programming (NLP), the negative cognition has now become an “anchor” for that person’s positive Choice, automatically calling it forth. If we think about it, what could possibly be better?

Such a process would have important implications for our lives because in most problematic situations, a negative reaction (thoughts of doom, of being trapped, of one’s stomach ache, etc.) tend to occur not just once, but repeatedly. In the case of an adverse physical condition, for example, thoughts about it can occur hundreds of times in a single day as the annoying condition (such as a running nose or sore throat) intrudes itself repeatedly on our consciousness. Each time it does, the positive Choice in our set-up and reminder phrases will be triggered in our minds. Do you know what repetition does to ensure that something “takes” in our psyches? Everything! It is an invaluable aid to change.

I find that a switch from a negative to a positive attitude tends to occur when using a Choice Set-Up (that is more specific to the problem at hand) than when we use the standard self-acceptance phrase — except, as I said, under those circumstances which seem to respond more readily to the self-acceptance phrase (as promised I will address these in a future post).

I now find myself using the Choice Set-Up in EFT rather than the standard self-acceptance phrase about 90-95% of the time with myself, and about 80% of the time with my clients, probably because my extensive experience with Choices allows me to handle them more easily than others may at first. In a future post I will talk about the rules that govern effective Choice making, but since many of these are similar to the guidelines which govern effective affirmation-creating in general, you may want to review Gary’s excellent discussion of these in *The Palace of Possibilities*.

I will not be able to include in my postings here all the new information I am receiving about the Choice Set-Up, but will bring as much of it as I can to you here. To help this process along, I plan to present more detailed information on this and other innovations in EFT in a monthly newsletter (see below). As I see it, EFT belongs to all of us and “growing it up” is our joint venture. There is much we need to learn, and that is the fun and the fascination.

Choices and weight loss

I am becoming increasingly impressed with the potential of EFT to foster goal-directed inner growth AS WELL AS (note emphasis here!) its undeniably wonderful ability to alleviate distress. For this reason I have been looking for ways to use positive “Choices” in EFT to formulate more specific and purposeful goals for people using it. I find that healing is promoted if we have fulfillment, joy and a sense of meaning, and Choices can be used effectively to foster these attitudes.

Along these lines I’d like to share with you some recent observations I have made about the Choice process as it has been working for my client “Joan”, whose story illustrates both the stress-reduction AND the personal fulfillment potentials of EFT.

Joan has been in therapy for over a year. She originally consulted me for a weight problem coupled with a pervasive low-grade depression. Until recently, however, she has made only modest progress in her therapy despite the fact that we have used EFT extensively. We addressed some deeply troubling issues such as (1) her deep shame and hatred of her body and (2) various aspects of her father’s verbal abuse of her as a child (for example, when he would refer to her, while driving, as “*that fat pig in the back seat*” in front of other children and her family). While there had been some useful clearing of the emotional pain around that and other incidents, the fact was that Joan was not getting significantly better.

This troubled me, and finally I reluctantly suggested that she might need to see a physician for some form of anti-depressant medication to assist her therapy along. This was because her depression was the kind that so often accompanies overweight problems (whereby food is used as a means of self-medication, helping her to avoid depression). Joan refused my suggestion to seek medication, however, stating that she wanted to handle it on her own.

Joan is a tall, heavy-boned young woman with a pretty face half hidden by cascades of almost jet black wavy hair. She is intelligent and perceptive but there is a sadness about her, and her speech is often interrupted by sighs. She has had a lifelong struggle with overweight and has worked with one support group and diet system after another in an effort to cope with it.

Although she is not grossly obese, she is distinctly too heavy for her own health and her potential attractiveness is obscured by the overweight.

Little by little Joan and I have made inroads in her sense of failure and self-belittlement — tap, tap, tap — but often treating her has seemed as though we were managing to lift up her spirits by the end of one session, only to have her return for her next appointment with sadness and hopelessness in her eyes again. It felt as though we were trying to lift a heavy bag of sand while one side of it kept sagging back down again.

Recently, however, this discouraging situation has dramatically shifted and Joan is now making major gains in her therapy. This came about after two new ingredients were introduced into our work together. I began to use Carol Look’s Weight Loss Program with Joan and I combined this approach with the use of strategic Choices in EFT designed to counteract each of the core problems that Carol identifies in her program.

This has enabled Joan to uncover a number of core issues that she had not identified before. At each session, we go through Carol's list of possible EFT phrases one by one (a few at each session), with Joan identifying those that seem to hit the spot, as well as those that appear irrelevant to her and don't "ring a bell". When we uncover a compelling issue we address it by making a custom-designed (that is, just for Joan) Choice which can counteract it.

It often takes some time for Joan and myself working together to formulate just the right positive Choice for each issue, but we have found that the time we spend honing in on the most appropriate Choices is well spent. When we hit on the phrase that is the exact opposite of the negative ("even though ...") statement, it can be startlingly effective

Formulating the Choice that fits the bill takes some work on our parts because Joan, like most of us, does not always find it easy to think up a Choice about a new way of being that will represent true healing of her problem rather than be a superficial "band aid" kind of change.

Most people have a very limited idea of what is possible for them and what is most desirable in the long run. Here is where another person's viewpoint, such as that of a therapist, can be extremely valuable.

Following this procedure we have hit on what Joan has referred to as "real eye-openers", possibilities for new ways of being that she has not thought about before but which have turned out to be deeply healing for her. I will give some examples of this process later. But first let me share with you the protocol which I am using for the EFT Choice technique. I call it the "Choice Trio". It is turning out to be the most effective way of using the Choice method that I have yet worked with. Here is how it goes:

First take the initial SUDS rating (a measure of distress on a 0 to 10 point scale) then proceed with the following steps:

- 1) Identify the negative cognition (attitude) the person wants to be rid of (the same procedure as in standard EFT).
- 2) Next, formulate a Choice which is the exact opposite of this negative cognition For example: *"I choose to feel wonderfully at ease when speaking in front of groups."* would be an appropriate Choice if the negative cognition were *"Even though I'm afraid of public speaking"*., etc.
- 3) Now combine the negative cognition with the positive Choice (which is the desired outcome) to form the set-up phrase. For example,. *"Even though I'm afraid of public speaking, I choose to feel wonderfully at ease when speaking in front of groups"*.
- 4) Use the standard EFT protocol of rubbing the sore spot (or tapping the Karate chop spot) three times while repeating the set-up phrase.

Follow this by the “Choice Trio” as follows:

5) Do ONE round of EFT using the negative cognition ONLY as the reminder phrase. For example, *“I’m afraid of public speaking”* repeated at each acupoint in the standard EFT protocol.

6) Follow this immediately (without checking SUDS or doing another set-up) by ONE round using the Choice statement ONLY as the reminder phrase. For example, *“I choose to feel wonderfully at ease when speaking in front of groups.”*, repeated at each acupoint in the standard EFT sequence.

7) Follow this immediately (without checking Suds or doing another set-up) by ONE round using the Alternate Phrase Technique. This works as follows: At the first acupoint (Inner Eyebrow) use the negative cognition as the reminder phrase, at the next (Outer Eye) acupoint use the positive Choice as the reminder phrase, at the next (Under Eye) acupoint again use the negative cognition as the reminder phrase etc. Continue until you end at the karate chop point which allows the person to end the sequence with a positive Choice, an important factor as I will explain later. If you end the sequence at the under arm spot, the person ends up making a negative statement, an undesirable condition— however if the EFT shortcut sequence is used just add another point at the end. For example, the person can jump from underarm spot to karate chop spot, in order for the sequence to end up with a positive Choice.

8) Retake the SUDS rating and if more work is needed, repeat the Trio (points 5, 6 and 7 above) as many times as necessary. In effect, the Trio serves as an extended “round”.

This constitutes the Choice Trio. It can of course be varied according to the needs of the person. For example, if they are still too upset to contemplate using a positive Choice statement as a reminder phrase, then step 1 of the Trio (just using the negative cognition) should be repeated for several consecutive rounds until some of the charge has been taken off of it and the person is ready to proceed to the next step

I find many advantages to using the Choice Set-Up in this manner. For one thing, the initial negative round (or rounds) serve to remove the negative charge from the problem as in standard EFT, and I find that this negative charge must be removed first before any positive installation can be fully effective.

The complete round which uses only the positive Choice, (when the person is ready for it, that is) can have a profoundly stabilizing effect very early in the treatment, often serving to de-traumatize the person almost instantly concerning the problem at hand. In my observation, it serves a “rescue” function just as the Tearless Trauma Technique does because by using it the person does not have to drown in the emotional pain of the event. This fact is deeply appreciated and can make cooperation with the treatment much easier.

I find it is most important to begin with the negative reminder phrase first — whether this occurs through the whole round of the negative Choice (Step 1 of the Trio) followed by a whole round of the Choice (Step 2 of the Trio), or if we alternate negative and positive cognitions (Step 3 of the Trio). The reason order is so important here is that one of the most essential aspects of the Choice method is to have negative cognitions (thoughts/attitudes) followed by awareness of their positive desired outcomes. This results in direct LINKING of

the negative with the positive — what NLP used to call “chaining”. This is a simple and powerful device. Using it, a negative thought can become an “anchor” (NLP term for a “trigger”) for a positive thought, so that in the future every time this person thinks of this negative possibility, the positive thought is likely to pop into their mind right afterwards.

An example of this is the case of a colleague of mine who recently contracted a bad cold two days before she was to leave for Mexico on a very important trip. She had been tapping for the cold to no avail, but when on my suggestion she formulated the set-up phrase, *“Even though I have this terrible cold, I choose to be comfortable and healthy on my flight to Mexico.”* (and followed this by the appropriate reminder phrases and the Trio) she felt better, and by the next day had no cold symptoms AND she had a “comfortable and healthy” trip to Mexico.

What is particularly interesting though is that for the first day after the EFT treatment, whenever she found herself blowing her nose and thinking “I have this terrible cold!” thoughts of a comfortable and healthy trip to Mexico seemed to jump into her mind. This suggests that the negative cognition had begun to trigger a positive one. I believe this may be the main reason why the Choice Set-up, or any variation of it such as discussed by Mair Llewellyn-Edwards in a recent post, works so well.

How we used the Choice Trio to handle Joan’s problem of depression and overweight I will discuss in my next post.

Choices and weight loss followup

In this post I’m continuing my report on “Joan”, my client who has struggled with an underlying depression, sense of hopelessness and overweight for many years.

As Joan was giving her reactions to the set-up phrases suggested in Carol Look's program, the first one that struck her as possibly applying to her situation was *“Even though I feel hurt about being abandoned ...”* She explained that although she didn’t exactly feel “abandoned”, having been an “army brat” as a child had made her constantly lose contact with friends important to her. Her family had moved from one army post to another during her childhood and sometimes she had had to attend two different schools, each far distant from each other, within one year. Any friends she made had been fleeting, expendable and impermanent.

Food, however, had always been there for her — a constant, predictable and dependable thing. The statement that Joan came up with for the negative portion of her set-up phrase was:

“Even though I don’t want to let go of my only dependable friend, food ...”

We then searched for a positive Choice to counteract her feeling of loss of a friend if she didn’t have the food she wanted. This took some work because Joan could not at first think of any phrase without the word “not” in it, and a negative Choice is not a good one. My first suggestion for a Choice for her didn’t land — it just didn’t feel right to Joan — but then she came up with the following Choice which felt very meaningful to her. It was:

“I choose to have serenity and peace within myself, no matter what.”

She used this statement in what I call the “Choice Trio”. As outlined in the previous article, this consists of the Choice Set-Up followed by three consecutive rounds of EFT conducted in the following way:

1. Choice Set-Up (including the negative statement, “even though”, and the positive statement (Choice) — all in one sentence.
2. One complete round of EFT using the negative statement ONLY as a reminder phrase. In this round Joan repeated “I don’t want to let go of my only dependable friend, food ...” while tapping at each acupoint.
3. One round using the positive statement (the Choice) ONLY as the reminder phrase, in this round Joan repeated “I choose to have serenity and peace no matter what” while tapping at each acupoint.
4. One final round using the negative statement on the first acupoint, the positive one on the next acupoint, the negative on the following acupoint etc., and alternating in this fashion for the entire round.

This strategy had an immediate positive impact on Joan who spontaneously commented, *“That was very calming to me. Thinking of the lack of dependability of people in my life, it felt so good to have that choice.”*

Then, as happens when things start flowing in a session, she brought up another topic.

She had not been able to stick to a “Shake” diet called Metafast which she had been using successfully for over a year. It substitutes shakes for much of her food, and this had seemed to be effective and healthy for her, and much easier for her to follow than a regular diet. But now something seemed missing without the more fattening food.

To work on this issue she chose as her negative statement: *“Even though I haven’t been able to stick to Metafast”*.

The next task was to come up with a positive Choice. What could directly contradict, and potentially solve this problem for her?

After careful thought, she formulated a simple, almost obvious type of Choice, *“I choose to stick with Metafast and feel comforted.”* It’s not too often that one has to resort to such a direct opposite statement for the Choice, but when it’s appropriate it can be extremely effective, even when first saying it may sound absurd to the person. But remember that the EFT default self-acceptance statement, *“I deeply and profoundly accept myself”*, can also sound absurd to some people at first, but as it is repeated it can come to have deep meaning.

Joan decided on the set-up phrase, *“Even though I haven’t been able to stick with Metafast, I choose to stick with Metafast and feel comforted.”* To measure where she stood with it, I suggested that she use a Truth rating instead of the SUDS Distress rating, also on a 10 point scale with the highest score perceived as absolutely True and the lowest (zero) as absolutely False (this procedure is derived from a somewhat similar one used in EMDR with a 7 point scale). When asked how true the positive statement (her Choice) seemed to her, Joan had

only a “1” before she started tapping because it barely seemed possible to her that she could stick with the Metafast. After doing the trio, however, her confidence in the truth of that statement had risen to an 8, and she looked brighter and there was more color in her face.

She still had some concern about the fact that she had recently been “slipping” with her diet, so we addressed this directly in the next trio. Her next set-up phrase was: *“Even though I’ve been slipping with the Metafast, I choose to stick with the Metafast and feel comforted”*. One more round of the trio and the positive statement was now completely believable to her — a 10 on the “truth” scale — and our session ended.

However, we were by no means finished with our exploration of the core issues that underlay her compulsive overeating. Although Joan returned for her next session with her spirits unusually high and was very encouraged about the progress she was making and above all about an inner feeling of optimism and well being she is now experiencing, she located another issue involving her weight problem.

“If I didn’t have my weight to obsess about I’d feel bored. I’m afraid of that.” she said.

We needed a Choice which could counteract boredom and together we came up with one which seemed right to her — it was, *“I Choose to find it (the lack of her usual comfort from food) an exciting opportunity to try new things”*, and so she used the following set-up phrase — *“Even though I would be bored if I didn’t have food to obsess about, I choose to find it an exciting opportunity to try new things.”*

Initially this positive statement was very low on the scale of believability for her, only a 2 or 3 rating for its “truth”, but after doing the trio, it felt so true to her that its truth score had risen to an 8 or 9.

“It felt so good to put those two things together, the boredom and the excitement.” She said. *“I got good energy from doing that. I got a feeling like ‘What could I do instead that would be exciting? I think I actually might think of some exciting things!’”*

But right after saying this she was stopped again with the thought — *“But not eating all the time would leave a gap in my life! I think I’m afraid of that gap!”* This is what we so often see with a core issue, it may seem gone at first but it really isn’t yet because we’ve dealt with only one aspect of it. A lifelong issue tends to have many, many aspects.

We turned now to her fear of what she referred to as “the gap” that could occur in her life if she stopped over-eating. The sentence which she decided on was:

“Even though I’m afraid of the gap that might occur if I stop all that eating, I choose to have a sense of wonder and joy about life.” She even smiled as she said this.

After tapping on it until those good feelings seemed “real” to her, she tried another related phrase to address some uncertainty that still lingered about thinking of things to fill the gap.

Her next phrase was:

“Even though I’m uncertain about what to do about filling that gap, I choose to have a sense of wonder and joy about life.”, and so on — tap, tap, tap.

Finally Joan heaved a sigh of relief. She was now down to a 2 on the SUDS (10 point distress level), whereas she had started with a SUDS of 9 when she had thought about the gap.

As usual, I handed Joan her Choice Set-Up statements written out on 3” x 5” cards to take home and read aloud to herself twice a day, morning and night, a method I find very effective in reinforcing the impact of EFT, and she left encouraged.

Since then Joan and I have been systematically working our way through the Weight Loss Program and she has been tapping on new and liberating Choices in her sessions. She now finds herself more diligent about her diet, less fanatic and considerably less self-punishing, and she no longer finds she needs Metafast, a more moderate approach seems to be working better for her. Her weight loss support group finds her new attitude extremely positive and so do I.

But what I find even more important than her improved dieting is the fact that Joan now comes into her therapy sessions with a smile on her face. She is positive and hopeful about her life, not just about the weight loss. This indicates to me that we are making headway where it really counts. Joan’s self image is changing with the EFT, and her sense of being worthwhile and able to help herself out of the emotional morass she had been in has been greatly increased. While she is not one of those clients who tend to use EFT on their own — some do this readily and productively and others do not — she is nevertheless able to use it superbly in her sessions, and it is exciting to watch what she is doing with it. I have an extremely good feeling about the eventual outcome of her treatment.

Alternate Phrase Technique

EFT often clears up an issue during a single therapy session so that, by the end of that session, it is a non-issue and the therapy moves swiftly forward. This can happen even when a client is in ongoing psychotherapy – ONE aspect will have been dealt with fully. It is wonderful when this happens.

Often, however, multiple deep-seated issues will need to be addressed repeatedly during a course of therapy, and sessions which use EFT productively can end on a somewhat difficult "to be continued" note. A lot may have cleared in that session and some aspects of a major problem handled, yet the client is left with mixed feelings. He/she can be uncertain and sometimes even in an emotionally unstable state. What to do? At the end of this kind of session, an obvious move is to establish a positive viewpoint before the close so that the person can reach a positive frame of mind between sessions.

Theoretically, EFT should be able to "install" this kind of positive affirmation or point of view. But in actual practice I’ve found that direct positive installation through EFT is usually not effective at this point. The reason for this goes back to Gary’s concept of "tail enders" which was so eloquently expressed in his "Palace of Possibilities". Tail-enders, for those of you who haven’t read about them, are those subliminal, automatic and often unrecognized

inner reservations which often accompany an affirmation -- the "yes but ..." in the back of the person's mind which can block the effectiveness of the affirmation.

A positive installation is in essence an affirmation and if the person has an inner conflict – if they are not 100% congruent (in accord) with the positive statement - then it simply doesn't take. Even if they go through the motions of dutifully tapping on the positive statement, in the back of their minds there is still a "yes, but ..." negating it.

How can we get around this problem when doing EFT? One way is to tap on the "tail ender" itself (the negative cognition) as Gary suggests, and this can be wonderfully effective with affirmations. I consider this one of the most useful observations about affirmations I have ever encountered.

But here I was searching for another way to deal with inner conflicts which might arise during the EFT process, and an idea came to me while reading Silvia Hartmann's book "Adventures in EFT" (a goldmine of creative ideas about using EFT). I got the notion that if there is a conflict operating in the person, then the most authentic and useful thing for them to do might be to tap on BOTH SIDES of the conflict when using EFT.

A good way to do this, I thought, might be to alternate reminder phrases within the same EFT sequence. The person could tap on one acupoint while repeating a negative reminder phrase (such as "I'm afraid to talk in front of audiences") and then tap on the NEXT acupoint in the sequence while repeating a positive and subjectively convincing reminder phrase (such as "I talked up in a group the other day and they really liked what I said") – and then the person would go back and forth using negative and positive reminder phrases on alternate acupoints as they progressed through the EFT sequence.

I decided to try this first on myself, something I do regularly with everything I might want to use with others. As I did so I immediately felt I was onto something. I felt a sense of being "understood" (by whom or what I didn't know – probably it was by my own self!), and of being clear and honest with myself. I experienced relief at acknowledging BOTH sides of the conflict – looking at it all, so to speak.

What happened was that after several rounds of this approach an inner balance began to shift and the positive statement (it was on every other tap point) began to be real for me for the first time. It was convincing where before it had been just words that I said to myself. The shift within me became stronger and stronger as I continued. What had been initially rejected by me as "Well that's a healthy point of view but it doesn't feel real" became "Hey! That's RIGHT! That's a real possibility. Why don't I choose to go that route?"

Things seemed to come together and I breathed a sigh of relief. Now I was able to go forward and adopt the positive position with my eyes open, rather than feeling I was kidding myself.

This incident happened about six months ago, and I've been using what I call the Alternate Phrase technique with my clients ever since with remarkable success. There are some other good uses for this method besides this one and I will write about these at another time, but let me tell you now how I recently used this approach in a session with a client.

"Peggy"'s experience is of interest both as an example of using this method to resolve a conflict and also because it illustrates another point -- how success is not always experienced as totally positive by the person – even when it is an outstanding success and PART of that person is overjoyed by it.

Peggy has been coming for therapy for more than a year on as regular a basis as her intensely demanding career allowed. She is an anchor woman at a large metropolitan TV network and spends much of her time on high intensity assignments.

She had made impressive progress over the course of a year and EFT has been an essential part of that therapy. She has used it strategically in virtually every session and has now come to a point where she can gently but firmly assert herself instead of seemingly apologizing for being alive, a former troublesome pattern. Her relationships have greatly improved and her direction in life clarified. Peggy has grown up over the course of the therapy.

A few months ago the network assigned her to cover in depth a major disaster in her state and to produce a series of feature news broadcasts on it which turned out to be so compelling that the series is now expected to win a national prize for media journalism. The network took her off all other work to cover this tragic event, and throughout the often grueling assignment, Peggy used EFT to cope with many conflicts that arose around dealing with the horror of the events themselves and with personal ramifications of the assignment. She eventually came to a place where she could stand by her own convictions about her work with remarkable strength and felt like a different person because of it.

Peggy came to see me the day after her TV series had won a national prize. The series was being rerun on the air and the station was receiving thousands of phone calls. When she entered my office, although she looked somewhat happy, she also looked a bit bewildered. I noticed that she was not really smiling with ease, or even smiling very much. She had a distinctly reserved demeanor, a slightly set jaw, and her eyes were wide and serious. After we had shared the details of her triumph (I was quite excited by all this for her) I asked her how she was feeling "inside", now that she had received this recognition.

She said, "Even though things are going better than I ever thought they could, I somehow have a sort of uncomfortable feeling inside." She tapped on the "uncomfortable feeling", it was a 6 on a ten point scale. The rating remained exactly the same after the tapping and I realized that something was going on here that was other than superficial, some conflict around her triumph. When we talked about this she suddenly said, "Oh, I wanted to ask you about this! I've had a feeling like – when is the PROBLEM going to turn up? This whole thing is sort of too good. It's kind of scary."

We were now on track and I asked her to tap on: "Even though I'm waiting for the Bad Thing to happen ...". She did this, but her intensity level was still a 6. She told me that while she was tapping she had been thinking about driving home after the session and wondering whether she would be safe on the road.

So we tapped on that, and the intensity remained a 6. We were clearly getting nowhere tapping on the negative, the maneuver which is usually so effective in EFT, and while we could have laboriously tried all kinds of other strategies at this point to deal with this and some of them might have eventually worked, I decided to use the Alternate Phrase method

instead. I knew that the positive part of this situation was compelling for her, it was a genuine triumph which on one level she was thrilled about. But we were also encountering a negative side to this – the When Will the Other Shoe Fall complex. Because this was obviously a deep seated problem which did not make any "sense" in present day terms, I asked her to go to the past for an answer.

"Do you remember a time in your life when something really NICE happened and something happened to spoil it?"

She was quiet for a moment then something came to her mind. No matter what nice thing had happened to her throughout her childhood, there was always the disrupted home, her alcoholic mother, the endless parental fights and the sense of not being like other kids because of her dysfunctional home life.

She tapped again. "No matter how happy I was, my mother still got drunk." and after one round looked at me in surprise. "That brought it way, way down" she said. I didn't ask her exactly what her intensity level was. I could see from her face, however, that there was great relief and I didn't want to interrupt the flow because memories were flooding now.

"Christmas was always the happiest time" she said "But something always happened to spoil it."

She tapped on: "Christmases were always happy -- and always spoiled." "It's getting lower." she reported " It seemed like a life and death situation at home all the time. I was terrified my mother would die from drinking. There was never one single carefree day. And the same thing with my first husband who drank too."

I mentioned the Sword of Damocles always about to fall, and she nodded in recognition. She tapped on: "I feel the sword of Damocles is always there."

More came up for her after that round, the insights which can be produced so quickly and profoundly with EFT. "Every time I have a big perfect day I worry about whether my niece and nephew will get home safely! It's the SAME stuff!" she said.

She was now responding fully and I felt it was time to introduce at least one positive element into the reminder phrase. I suggested: "Things are going so well -- I'm afraid something is going to go wrong." At the end of this round she was down to a 2.

But there was still something there. It was clear from a slight puzzled look on her face as well as the rating. The issue was deep-seated. I suggested she tap on: "I think things can't go this well without a crisis happening."

After this round she volunteered the information that while she was tapping she had been thinking about her friend "Jeanne" who has gone through life "without a crisis at all, except a very few normal ones". This is the point at which I decided Peggy was ready to learn a new, positive way of looking at life. I suggested she use the Alternate Phrase technique now in the following manner:

At acupoint #1: "Things can't go this well without a crisis happening"

At acupoint #2: "My friend Jeanne has gone through life without a crisis and so have others"

At acupoint #3: "Things can't go this well without a crisis happening"

At acupoint #4: "My friend Jeanne has gone through life without a crisis and so have others"

... and so on for the entire EFT sequence.

At the end of this round she cried : "It's true! They HAVE gone through life that way!" (she was experiencing the same effect of the positive becoming much more real that I had experienced when I first tried this method). "It's way down now, maybe a 1" she said.

I judged that it was more likely a zero. Color had come back into her face, a sparkle into her eyes, and her chin was now raised. She was ready to talk about her recent triumph with a sense of pride and an ability to consider her own best interests with respect to the furthering of her career. She had been afraid to address this before. She said that this was an entirely new way of looking at things for her and I had a feeling that an important shift had taken place.

In her next appointment with me Peggy was ready to tackle something which she had long avoided and commented that somehow the issue of fear about her triumph seemed to have almost entirely faded. The change was holding. It was real.

I think it important that the positive statement Peggy made was entirely convincing to her. It had emanated from her own comments and was not an artificial "pie in the sky" affirmation that someone else had handed to her. In my experience, using the client's own words and observations from which to formulate the positive statement makes this method work much more effectively. To this end I will often ask questions designed to elicit the opposite of the negative cognition in terms of actual experiences in that person's life. I'm looking for a positive resource that is embedded in their memory and which is then brought to life by using the Alternate Phrase technique.

In a later post I will share with you some more of my experiences with this useful method – how it can be used to mitigate painful memories and abreactions. But now I simply encourage you to try it for yourself and discover if and when you may want to use it.

How to use this shortcut

The last few articles about Choices should give you a good idea on how to use EFT to lose weight. It's a simple process, the main thing that changes when you work on different issues is the wording. i.e. the setup and the reminder phrases. By using your own thoughts or words about whatever is troubling you, these can easily be created.

Some examples might be:

"even though I really want that piece of chocolate ..."

"even though I'm still overweight ..."

"even though I'll never lose weight ..."

Whatever is troubling you, EFT can provide fast, simple relief, leaving you feeling better.

Where to find out more

Gary Craig's [web site](#) is the best place to start, as he created EFT. His main focus is sharing rather than making lots of money, which means that his teaching materials are affordable, and often free. For instance, by visiting his site you can download a basic EFT manual for free.

He also offers excellent training on video CDROM, which can be viewed on most types of computer. There is a simple 3 CDROM set which is available by donation, or there are more advanced video training materials available containing dozens of CDROMs. These take you from complete beginner to very advanced practitioner, assuming you practice what you learn!

Another excellent resource is [Adventures in EFT](#), a very detailed book written by British EFT trainer Silvia Hartmann. Although it isn't free to download, it is in my opinion the best book on EFT available at any price. Silvia is an experienced EFT trainer and innovator, and Gary Craig has endorsed her book by writing the forward to it. Highly recommended.

Another innovator worth studying is Pat Carrington, who wrote the articles about EFT and Choices in this book. She has an excellent book which expands upon this material, as well as some good introductory videos. Visit her [web site](#) to find out more about her expertise.

Pat Carrington, Carol Look and Sandra Radomski, all experienced EFT practitioners, have recently created an powerful computer program which greatly simplifies the process of applying EFT to losing weight. It's very easy to use and provides valuable assistance in applying EFT to a huge range of emotional contributors to overeating. For more information, visit their [web site](#).

Summary

EFT is a very powerful tool to heal emotional hurt, both current issues and those from the past. By gradually working on whatever comes up around the issue of being overweight, you

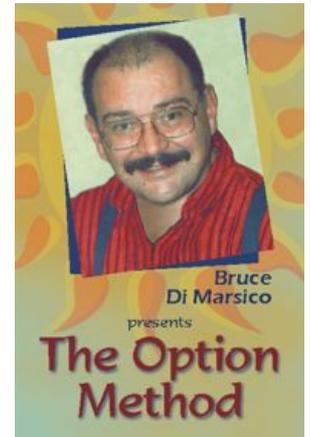
The All You Can Eat Love Diet
Full Cream Edition

can easily let go of baggage from the past which keeps you trapped. This will naturally result in you being happier and more loving, as well as losing weight without effort.

The Option Method

This is a very powerful set of ideas for exploring how our beliefs contribute to how happy and loving our lives are. I first discovered Option through several books, and then spent six months off and on studying the ideas in America. They have helped me let go of many of the unhelpful beliefs that I picked up over the years.

One thing I liked about Option was that it never told me what to believe, but asked me to look at my own beliefs and see if they served me or not. Did they lead me towards love and happiness, or towards stress and unhappiness? If they were supportive, great! If not, I had an opportunity to change them if I wanted to.



The History of Option

"Option is from the Latin word for choice and the Greek word for servant. Both roots are quite appropriate for the name of the method whose goal is to serve by helping people to realize the role that personal choice plays in their emotional states."

- Bruce Di Marsico, A Brief Condendum of the Option Method

The creator of the Option Method, Bruce Di Marsico was originally a student for the Catholic priesthood. Recognizing that what he was searching for was not within the confines of the monastery, Bruce began to find his true calling while studying psychology and philosophy in the 1960's at Seton Hall University, New Jersey. Years later while at work as a psychotherapist, and human relations consultant, he came to develop the Option Method as a self-help tool to help people become happier in their everyday lives.

He introduced his method in New York City around 1970 at a para-professional school for group counseling and therapies called Group Relations Ongoing Workshops (GROW).

Since then the Option Method has been taught to teachers, psychologists, therapists, social workers, clergy and other practitioners as an additional tool in their professions.

Above all, Bruce created the Option Method to help people help themselves to find their deepest wisdom and happiness.

Unhappiness & Depression

by Bruce Di Marsico

The cause of unhappiness is a belief. What happens, no matter how undesirable or destructive to our life, health, desires or loves, does not cause unhappiness. The belief that we have to be unhappy is the only cause. To state it simply:

"If a person did not believe they had to be unhappy, they would not and could not be."

We merely believe we need to have things or avoid things in order to avoid unhappiness, which we would not have to fear if we did not believe we needed to be unhappy.

The Seven Understandings of All Unhappiness

1. Unhappiness is the feeling of a belief about a perceived or imagined phenomena; not an experience caused by the phenomena or anything else.

2. Unhappiness is experiencing your own believing that an event is bad and/or should not be because you believe IT causes unhappiness.

3. Believing something causes unhappiness is the very reason it seems to "cause" unhappiness.

4. Believing that something can cause unhappiness is the only cause of the fear of it. By "fear" is meant loathing, need to avoid, need to cure, need to kill or eliminate, disgust, hatred, terror, horror, repulsion, disdain and all such similar feelings.

(Fear is not a simple desire to avoid, destroy or otherwise prevent or eliminate a threat to your desire values. That attitude does not need to presume avoiding unhappiness in order to justify a simple desire.)

5. Believing someone or something is morally wrong or evil, psychologically "sick", or behaviorally inappropriate is to fear that person or thing as if it could cause unhappiness.

6. Unhappiness is fearing that unhappiness can "happen" or be caused by anything.

7. Unhappiness is believing that something is necessary, something has to be, should be, ought to be, or must be other than what it is.

When a person is believing he/she has to be unhappy, what they are believing is that they have to be unhappy because they believe they are against themselves. The belief in unhappiness is the belief in being wrong for oneself. Unhappiness, in fact, means that I believe that I do, or want, or think, or feel a way that is bad for me.

A person believes: Certain things I do not want to happen may happen or are now happening. I don't want them to. I feel bad (and am worried or afraid now) because I "shouldn't" be thinking negatively about my life now. Maybe I shouldn't be not wanting what is evidently happening anyway. I am (as-if) denying reality, and that is wrong. I will be unhappy about

this in the future because when certain things I do not want or do not like happen I will feel a way that is bad for me. It is wrong to expect misfortune. That is "unhappy" of me.

It doesn't matter that if the undesirable event happens to me from circumstances out of my control, or if I think I am the cause or part of the cause; unhappiness comes as me believing that I now have proof that I am bad for myself.

"Bad for myself means I am not really wanting for me what I "should" be wanting for me, and something can prove it. The belief is that this event "proves" it.

Basically, feeling bad means that I believe that what I do, or think, or want, or feel means I am against my own best interests. I believe these are a bad way of doing thinking, wanting or feeling. The way I am being is a bad (wrong, self-defeating) way of being.

This could be called the same as believing that I will be a way I shouldn't be, or think a way I shouldn't or want or feel a way I shouldn't. If we didn't believe that we could be a way we "shouldn't" we couldn't feel unhappy no matter what else we felt.

All unhappiness is the fear that we have a bad attitude for ourselves. We are afraid that something proves we are bad for ourselves in the sense that we are in some way against what we are for, and for what we are against. We are afraid that we have a self-defeating attitude.

The fear that we have a bad, or self-defeating, attitude is the same as distrusting the very source or cause of our motivation. We are unhappy when we believe our very life, our heart, our self is against all that we live for; our personal happiness.

Happiness is the freedom to be as we are, however we are; richer or poorer, in sickness or in health, gaining or losing, succeeding or failing, wanting or not wanting, approving or not approving, forever. Happy is what we are and what we'll be if we don't believe we are wrong to be as we are.

To Love Is To Be Happy

by Bruce Di Marsico

Edited by Debrah Di Marsico

The following "To Love Is To Be Happy" lecture was written by Bruce Di Marsico on May 16, 1975. After GROW had closed around 1973, a number of his students asked if they could continue to study with him. He invited them to his home for a study group on Monday nights. It became what we all called "The Monday Night Group."

This is the group that Mandy Evans refers to in her book Emotional Options where she and Barry Neil Kaufman, and several others joined together to deepen their understand of Bruce's method and philosophy.

When I met Bruce he invited me into the group and this was my introduction to the Option Method. It was a special, exciting time. The group shared a connection and a kind of synchronicity.

Bruce would contemplate over the weekend what subject he would explore with the group. Sometimes a group member would have had a session with him during the week that would inspire him to create a lecture for the entire group. He often joked that everyone would come to their private sessions with the same issues that week.

This is one of those lectures. He wrote it on a Saturday and shared it with the class on the following Monday. That night we all began to appreciate how strongly our ability to love is connected to our happiness. Once again he tried to help us see that to be ourselves is to be happy and in that joy is love.

- Deborah Mendel

To love is to be happy and do what you want.

Be with. Don't be with.

Smile. Don't smile.

Be loving. Don't be loving.

Be affectionate. Don't be affectionate.

Give or say what you want. Take or ask for what you want.

Do your own thing.

If the one you love gets unhappy, it's not because you are not loving them enough. Their happiness does not depend on you. If you find you want them to be happy, it is because you want it. It's not because you are a loving person or feel the need to prove to them that you are loving.

You are loving if you are happy. You will be loving if you are not afraid.

If you are happy with someone in order to be a nice, loving person, then your happiness will depend on them seeing you as loving. Every time you don't feel particularly loving or giving, you will feel like a failure as a lover. Every time they don't act loving and they don't give you what you ask, you will also feel like a failure as a lover.

When you feel like a failure, guilty, unloving, and unfeeling, you will need to run away. You will be repulsed by your lover and play right into their fear of failure. If you believe you are a failure because you are not able to accept what is offered to you, or because you find that you are not able to get the kind of love you want, you will then be over attracted to your lover, playing right into their fear of failure again.

This kind of view of being a lover is really worth failing at. You only fail to love if you get unhappy. In this kind of relationship you only get unhappy because you believe you failed to love. If you don't feel or do something that prevents your lover from being unhappy you are not failing to love.

You fail to love if you get unhappy about it.

You fail to love if you are afraid of your lover being unhappy.

If you want evidence that you are a loving person, you will only find it in your happiness. If you are happy, you are loving everyone. When you are happy, you are glad for everyone's happiness.

A lover is not someone you are more happy with. A lover is someone you are with happily. When you are happy, you will want more things with some people than others. When you are happy, you will want to give to some people more than others. If a lover is different or special, it is because you are both wanting very much together.

With a lover you are glad for everything they do when they are happy. You may find that if you are not so glad, it is because they are not so happy and are not especially doing what they want. You are aware of any fear in them and loss of happiness. You know each other perfectly in the sense that you are as aware of their gladness and happiness as you are of your own. This experience is not because you are afraid of their unhappiness, but because you want them to be happy. You love them and want the gladness you will both have when they are happier. A lover is someone you want to be glad with together.

Lovers are two people who come together to learn how not to be unhappy and who look forward to more gladness together. They come together not to learn how to be loving to someone, but to grow in happiness. You want to see happiness and gladness in them and you want them to see and experience it in you. You want to help each other have more happiness and less fear. The only way to help create this is to be happy yourself and to do what you want. Don't be unhappy about their unhappiness.

Problems and games set in after one gets unhappy either with themselves or you. They usually experience it as failing to love you and resent your desiring something that they are afraid of failing at. This fear of failing at being loving makes them more concerned with looking loving than being happy. They feel tested by you. They are quick to believe and imagine that they are hurting you by not giving or doing what they believe you want. They don't realize that no matter what you may have wanted, you certainly didn't want them to be unhappy.

The games begin if you believe that you have not been loving enough or that you can overcome their unhappiness by being more loving yourself. Then you try to be extra loving, understanding, forgiving, and eager to fix things to show how loving you are. That will turn them off more. You are now both afraid of being unloving. Now you are being loving in order to get them to love you. You feel you simply want them to be happy, but in fact, you are needing them to be happy so that they will show how loving you can be. You even hope to inspire them to be loving. You both want to achieve what is the cause of the problem, lovingness.

Real love is to be happy and to just want them to be happy. You make your choice. Do you want to be happy and love or do you want to be loving instead? The difference is a choice of intention. The behavior may be the same but the motivation is vastly different. Motivated by fear, you will merely be loving your lovingness.

A lover is someone with whom you don't have to be loving in order to get what you want.

When your lover does not accept what you offer, just let yourself know that you do what you want. Do not be unhappy because it seems that you were wrong. Don't demand that they take what you offer in order to be nice and loving toward you. Don't demand acceptance. Don't demand that they be happy. Do not test yourself to see if you are unloving or unhappy.

Unhappy loving is being nice when you don't really feel like it and doing what you don't really want to do. You feel conflicted or split because it is obvious that sometimes unhappy people will want proof of your love. If you are more concerned with appearing loving, you will either do what they want without feeling like it, feeling resentful, or you will be turned off and refuse even if you really want to do it.

Being happy is something you can do for someone, even if they need it as proof of your love, but do it as a conscious choice. If you get unhappy about their unhappiness, your motivations will be unclear. You are always unhappy every time you hold to the belief that you should get love by being loving or that you should return love by feeling loving.

Do not be concerned if your lover is not loving. You can know you are happy and love if you are allowed to say yes or no freely and if your lover is allowed to say yes or no to your offers. You love and are happy if you allow another to say no and realize they do not have to accept your gift.

Our real desire is not to succeed or fail at being lovers or teachers or students or friends, but just to be happy. I do not fail you if you or I fail to be happy. You do not fail me if you or I are unhappy. I can be happy because I can be and want to be. You can be happy because you can be and want to be.

The Creation of Option

by Bruce Di Marsico

I created the Option Method for happiness.

Sometime before 1970 I realized that people were unhappy because they "wanted" to be. They believed they "should" be. I knew that they believed it was good and necessary to be unhappy about whatever they believed that applied to, generally them not getting what they wanted. This was the way people chose unhappiness as a feeling.

Unhappiness is used here as a term or model word for all kinds of feelings that people describe variously as "bad" feelings. Feelings ranging from mild annoyance to murderous rage; from disappointment to suicidal depression.

The belief that unhappiness is preferable to happiness (happiness being seen as some form of being crazy), or the belief that not being unhappy was contradictory to a personally held value, is the dynamic of all unhappiness.

The belief goes like this:

"If I wasn't unhappy about it, it would mean that I wanted it to happen." "If I wasn't sad (or angry, etc.), it would mean I didn't care."

All fear and unhappiness is the fear that unhappiness will happen.

I describe it like this, no person is afraid of being poor, in itself, but of being an unhappy poor person. No person is afraid of illness, but of being ill and unhappy also. Nobody is afraid of a bear, or of being hurt by the bear, but of the unhappiness that is believed will occur from the hurt. The examples are countless but follow this paradigm. People are afraid unhappiness will "happen" to them under certain circumstances.

In order to reveal what beliefs are indeed operative in an unhappy person, I created the Option Method. This simple questioning method discloses to the sufferers that they are the determiner of their feelings. It shows that they are feeling exactly what they believe they should feel, always.

It just so happens, that when people realize they have a choice in their emotions, it makes a difference to them. People know they don't want to be unhappy when they don't believe it is necessary.

People feel now what they believe they are going to feel in the future. They feel whatever feelings they believe will "happen" to them. They feel now whatever they believe it will be "natural" to feel in the future, even if it is as a result of something happening now. The current event correlates to current emotions only insofar as it relates to imagined future feelings.

I created two questions as a simple demonstration of this phenomena.

"If you believed that at this time tomorrow you were going to be unhappy, what would you feel now?"

"If you were to believe now that at this time tomorrow you were going to become very happy, what would you feel now?"

The Option Method is not unlike the above, but it's questions are more specific and personally applicable to the person being helped.

An important point to remember about my philosophy is that I do not believe that people should not be unhappy, or that they should be happy. The Option Method demonstrates that people chose their emotions, not that they should choose differently, but that they nevertheless truly choose, and are not victims to emotions. Admittedly, these unhappy emotions seem to happen to us. That is the unhappy quality of them that precisely makes them so mysterious, and therefore apparently necessary. They are meant to be feelings of helplessness, or we would not consider them unhappy feelings. That is the very fear that they manifest; helplessness, mystery, and need for control over our experiences in order to be happy.

It is apparent from the Option Method that what people need to be happy is the confidence that their happiness cannot be threatened, and therefore do not need to fear the helpless feeling that their happiness will be taken away.

Unhappiness is any form of believing that when we don't get what we want, it means we are going to feel a way we don't want. Unhappiness is also believing that if we get what we want, we will also feel a way we don't want.

Happiness is being glad for who you are;

- * liking that you want what you want, liking that you don't like what you don't like,
- * liking that you change your mind whenever you think that's best,
- * liking that you don't change your mind until you really change your mind,
- * liking that you don't like not knowing how to have what you want,
- * liking that you don't like being mistaken,
- * liking that you feel just the way you like to feel about everything you do, and
- * liking that you feel just the way you like to feel about everything that happens.

Everything is the way it is, and you really can be glad to feel the way you do.

What Are the Option Method Questions?

by Deborah Mendel Di Marsico

We are all on a constant quest for happiness. We are searching in our own personal ways. Some of us are looking for that perfect relationship with a loved one or the satisfying career. Or maybe it's a house in the country with a family that we want, or perhaps we are grasping for that seemingly unattainable spiritual center. Whatever our desires we usually look outside ourselves for help to attain them.

In varying degrees, we feel that we need something more than what we already possess spiritually or materialistically before we can be really happy. Some of us get closer to it than others. Often a life threatening illness or the profound loss of a loved one becomes a turning point in our lives, a pivotal moment, when we make a conscious choice to be grateful for what we have and live life to the fullest. For some, as the routines of life return, this awakening remains in the heart and soul, like a gift from God, but it slips from the grasp of others. How can we hold onto happiness in all its forms: contentment, joy, gratitude, peacefulness, bliss? How might we live a life feeling good about ourselves, knowing that we feel exactly how we want to feel, that nothing can make us feel a way that we don't want to feel, and that we already are equipped with everything we need to achieve happiness?

We don't need a new mantra or affirmation, teacher, workshop, or guru to find our path. Although once we've opened the door to our hearts, we may experience joy and growth with any one or more of them as we travel through life. I invite you now on a journey, your own personal expedition to discover personal wisdom and happiness.

To begin this journey, we must first start where we now are. To get in touch with ourselves, our true happiness and spirit, we must begin by removing the layers of beliefs that conceal it. This is an easy and painless process when we use the Option Method questions.

Sometimes we experience ourselves as a living contradiction. We feel a way we don't want to feel. How is this possible and how can we end it? The Option questions will help us to identify and to clarify, and thus expose to the light the current mistaken belief that is clouding our vision and obscuring the truth that already resides in our hearts. Once we begin this process, if we are honest with ourselves, we won't go back.. It is in our very nature always to desire happiness. God gave each of us a soul which burns like an eternal flame with this desire to be happy. Sometimes we let our happiness shine, when it's appropriate or when we feel allowed. At other times it is obscured by our fears and hesitations. Depending upon our currently held mistaken beliefs, we may simply just not feel right or we may be in total despair.

The Option Method Questions

So where do you start? I suggest that when you ask yourself the following Option questions, you should either write them down or say them out loud. This will help you to keep track of your thoughts while you become more familiar with the questions. In a short time the questions will become "second nature". Eventually you will find yourself starting to ask the questions and then dropping them because your true or good feelings will have already emerged. All you need is your natural desire for happiness. The Option Method will help you to begin to break down those "barrier beliefs" that have, over time, come between you and your happy heart. Be patient with yourself. You have spent a lifetime acquiring and cultivating beliefs, which you never realized before, are actually contrary to the wisdom within you. Option will help you to uncover the beliefs that don't really serve you, the ones that seem to make you feel a way you would really rather not feel.

So that everyone may use the Option questions in a very personal way, you should replace the word "unhappy" with whatever word best describes the negative feeling you're experiencing and that you would like to change. It may be "sad" or "annoyed", "angry" or "worried" or "fearful". Whatever word best describes that feeling you feel stuck with, that you would like to change, use that word.

The purpose of the Option questions is first to help you to identify and clarify exactly what is bothering you. The questions that follow expose the belief behind your emotion or bad feeling. As the questions open the door to your heart, the beliefs you've acquired will fall away and your true feelings will become evident. It's easy and painless, because it's about knowing who you really are. There is nothing to memorize or study. You are your own best expert.

The first question: **"What am I unhappy about?"**

Personalize this question. Substitute the word unhappy in this question for one that best expresses the bad feeling you have that you would like to change. For instance, you may be feeling worried about something. If so, you would ask yourself, "What am I worried about?" Clarify your answer. Narrow it down. If, for example, your initial answer to the first question is something like, "I'm worried about my health", that is a very broad answer. You need to

narrow it down and be as specific as possible. The closer you get to the core of your feelings, the closer you become to your true heart. The second Option question will help you to do that.

The second question: **"What is it about that, that makes me unhappy?"**

Using the previous example of "worrying about my health", you would now ask yourself, "What is it about my health that I am worried?" Be as specific as possible. There are other ways of asking this question, such as, "What about my health worries (bothers, frightens, angers, saddens) me the most?" Your answer may be something like "I know that I don't take care of my health enough. I eat too much of the wrong foods, and I don't get enough exercise. I'm going to become sick if keep this up." Another way to ask this question might be, "If that were to happen, what would I be most afraid of?" or "If that were to happen, what would be the worst thing about it?" In other words, "If I were to become sick, what would be the worst thing about it?" Remember the answers to these questions are as diverse as we are. The purpose of the questions is to help you get in touch with your reasons. This brings us to the next Option question.

The third question: **"Why am I unhappy about that?"**

You ask yourself this question when you are satisfied that you have clearly identified, to the best of your ability, what it is specifically that is bothering you the most at this time. It is a simple question, but let's make sure you understand it. "Why" means "for what reason." This is one of the most important questions you may ever ask yourself. This question prompts you to recognize that you have your own very personal reason for feeling the way you feel. Often we get so caught up in our emotions that we have completely forgotten we are not actually feeling this way against our will. This wonderful, simple question gives you a renewed opportunity to begin your own self-enlightenment.

To apply this question to our example you would ask, "Why am I worried about getting sick?" In other words, "What is my reason for worrying about becoming unhealthy?" or "What would I be afraid of or what would it mean to me if I got sick?" At some point you will find yourself feeling as if you don't know why, that you just always have been unhappy (our model word, remember) about it, or it would seem natural to be unhappy under such circumstances. Perhaps you are not aware of any reason. You may feel somewhat dumb struck or stuck. This is a natural phenomenon that takes place as we become more aware of our true selves. At this time we are on the threshold of self re-discovery. When this happens, it is time to move on to the fourth question.

The fourth question: **"What would it mean if I were not unhappy about that?"**

Another way of asking this question is, "What am I afraid would happen if I were not unhappy about that?" This is an extraordinary question, one you may very well have never heard before. Repeat it a few times. You may at first simply feel that this a ridiculous question and that's natural, but let this question into your heart and it will awaken you. Your initial response may be something like, "Well, it wouldn't mean anything, I'd just be happy." If so, you're not really asking yourself the question. Ask again. You see, since nothing has been actually forcing you to feel the way you don't like to feel, then up until now you must have had a reason for feeling this way. Until now, you have not exposed or questioned your

reasons. You have assumed someone else's belief, affirmed it and re-created as your own. When? It does not matter. What truly matters now is that through this question you embark on your own spiritual adventure.

Once again, embrace the question, **"What am I afraid it would mean if I were not unhappy about that?"**

After you have written down or spoken aloud your answer you will be ready for the final Option question. Take your time. Be satisfied with your answer. If you're feeling a bit confused or uncertain, go back to the first question. It's impossible to get lost on your own path. Use the questions as a tool, a flashlight, to light the pathway back to the truth in your own heart. Like the taste in your own mouth, only you can experience it and really know it. Be patient with yourself. You have spent a lifetime establishing and developing beliefs that you have never questioned in this way before. The Option questions, though seemingly simple, are new and foreign to you. Don't rush it.

You may answer this question with something like, "It would mean I didn't care," or "It would mean I was crazy." Or to use our example, you may answer, "If I wasn't worried about being sick I'm afraid that I wouldn't do anything to improve my lifestyle and health now." This answer shows how you are preferring and choosing to be worried because if you weren't it would mean you wouldn't take care of yourself. These kinds of beliefs are at the core of all unhappiness.

Ask this final question now: **"Why would it have to mean that?"**

In other words, **"Why do I believe that being happy would be bad for me right now?"**

Seem too simple? Good! You've got it! When it comes to our bad or undesirable feeling, the particulars are as varied as we are, but the operating principles behind our feelings are fundamentally the same. If you believe something is bad, you feel bad about it. If you believe something is good, you feel good about it. If you believe that something is neither good nor bad, you don't have any feelings one way or the other. Most importantly, if you believe that if you were to feel happy in any given situation that it would somehow be bad for you, then naturally, you won't feel good. You are now on the threshold, about to take a new step towards being who you want to be. It's your choice.

Remember, you are your own best expert. My invitation to you is to use the Option Method to rediscover your personal wisdom and happiness. Apply the Option questions to those emotional problems you have right now and you would like to solve. Once you lighten your negative emotional load you will be freer to feel however you want to feel, that which is most natural for you to feel, whatever is right for you.

"By using the Option Method we will be able to discover in actual practice, by personal experience, the role we play in our own emotions. We will then be able to see more clearly who we really are and how we really feel - happy." Bruce M. Di Marsico

Sample Dialogue

by Deborah Mendel Di Marsico

Although my late husband, Bruce M. Di Marsico, created the Option Method primarily as a self-help tool, most people find it easier to learn through working with a Practitioner. This very unique tool was also developed for use with clients in all kinds of healing professions.

The experience of working with an Option Method Practitioner is like sitting down with an old friend or confidant. Their skill lies in their ability to be present to you with a non-judgmental attitude of acceptance and exploration. At the same time they will guide you along your own path with the Option Method Questions.

It is through this very gentle but yet dynamic experience that I recommend that you learn the Option Method. In time the Method can become like second nature to you, a gift that you can rely on for the rest of your life. To give you an idea of what a session with a Practitioner is like, here is a portion of an actual Option Method session I had with a client recently.

The Option Method Questions are in bold italics here, and they are repeated as the session progresses. I hope this example gave you a sense of how the Option Method Questions are used during a typical session.

Practitioner: How might I help you today?

Client: I feel so miserable. I broke up with my boyfriend. We were engaged, living together, and he changed his mind. I've moved out. I've just spent my first two weeks in my new apartment. I'm simply beside myself with grief. I just don't know what to do.

Practitioner: What is there about breaking up and moving out that you feel miserable about?

(Note that in the Option Method we always use the language of the client. She said she felt "miserable". This is essential because it helps the client hear what they are believing. Identifying our beliefs is the key to this method.)

Client: I don't know. I miss him so much. I can't imagine a life without him. I thought we were perfect for each other. Sure, we had the usual relationship struggles, but on the whole we really seemed to be great together. I made a commitment and now it's all gone. I just can't imagine being happy without him.

Practitioner: Why do you believe that you can't be happy without him?

Client: I mean, I guess I'll be okay eventually, but really okay, really happy? How can I be? I had hope for the future and now it's all over.

Practitioner: I understand that you felt you were great together and that you were happy together, but now that it is over, why do you believe that you can't be happy like that again? Why do you believe you can't hope for the future?

Client: For the first time in my life I felt safe. I felt truly connected to someone. I felt I had a true partner, someone who understood me. I felt that I could do anything, that we could do anything.

Practitioner: So, if I understand you, you are saying that this feeling you had of connectedness and partnership gave you hope for the future?

Client: Yes, exactly. It seemed that we could conquer anything and whatever we couldn't didn't matter because we had each other. I felt confident and strong.

Practitioner: Why do you believe that you can't feel confident and strong now that you are not with him?

Client: I don't know. I thought I needed someone in my life in order to have that feeling. Although there were many times in my life before I met him that I overcame some very big obstacles.

Practitioner: What are you afraid it would mean if you were not feeling this lack of strength and confidence? In other words, what are you afraid it would mean if you were to feel not just okay but actually looking forward to a positive future?

Client: Well, that would be like saying or acting as if our whole breakup doesn't matter to me. That I could take it or leave it, the marriage, I mean.

Practitioner: Is that true?

Client: No, of course not. I still love him very much. I wouldn't want him to think I didn't care.

Practitioner: Couldn't you tell him that?

Client: Yes, I suppose I could. Actually he probably knows this already. But I could express it again to him sometime.

Practitioner: How do you feel now?

Client: I feel much better, much less afraid of the future and sick over this whole affair. I feel as though I can imagine myself moving forward now. But, I feel a little anxious about what my future holds and what to do. I'd like to talk about that now.

This was just the beginning of her session, but already she had begun to feel better. Through the use of the Option Method Questions she was just beginning to expose her beliefs. It's like peeling open an onion. The Option Method helps you get to the core belief. What the Option Method Practitioner understands is that we all have our own reasons for feeling as we do.

The Option Method Questions helps them to help you identify your reasons. We went on to uncover more of her beliefs and judgments and fears. Most practitioners schedule sessions for at least an hour.

I Don't Really Want To Do What I'm Doing

Chapter Seven from Joywords
by Frank Mosca

"People say things like (and feel accordingly): 'I don't want to go to work, but I have to.' The truth is the opposite. You don't have to go to work but you want to. The reasons you believe you HAVE to are actually the reasons you want to.

'We all do things we don't want to do. It's part of life.' The truth is that nobody does anything they don't want to do. All things considered, they'd rather do whatever it is than not do it. Life is only doing what you choose. The rest is what happens. You are psychologically incapable of choosing or consenting to do something you don't want to do....As long as you don't lie by believing that you were lying to yourself you will see what you really feel and want, and how you always act for what you are for." [Bruce Di Marsico]¹⁴

One of the most common complaints humans make is the one that says, "I don't want to do this." They say this even as they do whatever it is that they are doing. This is also usually accompanied by sighs, moans and other bodily and verbal signs that they are discomfited by doing what they are doing. For some their unhappiness grows apace so that they then come under the heading of being "under stress." People point to the environment, the job, the boss, the guy's wife, his kids, etc., etc., all as "stress" factors in his life that are somehow "causing" him to have high blood pressure, an irritable bowel and high cholesterol.

By now we can see an emerging understanding of how these pseudo-causal relationships are attributed because no one is clear enough to really see that we are the sole arbiters of how we are going to experience ourselves, not our fellow humans or any aspect of the environment, i.e., "Life is only doing what you choose. The rest is what happens." In the next dialogue, we will explore, thanks to Ronnie, some of the dimensions that this assumption of "I don't want to do what I am doing" can take.

SO, RONNIE, GET A LIFE WILL YA!

Ronnie was a tall, stocky young man of about twenty one; he came from an Italian family that was a bit better than middle class and had managed to move out of the "old neighborhood" to a somewhat better suburban setting. While his older brothers had begun to make their mark in the world according to their parents' expectations, Ronnie, the youngest, seemed, both to himself and to his parents, to be mired in adolescent immobility. His mannerisms, dress, speech, all seemed to proclaim that he did not want any part of the "hard work, nose to the grindstone" version of life that had been exemplified in his father's modest rise to prominence as a local lawyer/politician.

He had come through a college counselor who recommended that Ronnie see me, since he was dropping out of school and faced an unwelcoming atmosphere at home because of this "precipitous" action on his part. Ronnie felt squeezed. He had the attitude of angry cynicism that manifested in a highly critical joking manner, all of which hid his basic fear of being judged inadequate, wrong, purposeless, and a loser by friends and family. Yet, he could immediately become very engaging and was obviously wanting a way out of his unhappiness.

F: So, Ronnie, how can I help you?

R: Well, Joe, up at college, said that you help people with their unhappiness, so I guess I'm looking for a little bit of that help.

F: What are you unhappy about?

R: A bunch of stuff, girls, a job, my father, but most of all I just really feel down. It's a feeling I've lived with for a number of years now and it's really sticking in my gut at the moment.

F: What specifically are you feeling down about?

R: Well, you know, I dropped out of school and my parents, particularly my dad, is super pissed at me; there's tension all the time and like I just sit in my room sometimes wanting to punch the walls, I get so torn up about this business of being a loser.

F: Do you believe you are a loser?

R: (smiling). Yeah, I know, I shouldn't think that way, hah.

F: I'm not sure what "shouldn't" might mean, but do you?

R: Well yes and no. That is, sometimes I say "fuck you all you people," but like, inside, I feel really bad about being in the situation I am in, like a big, good for nothing pile of shit feeling.

F: What about being in the situation you are in is so painful?

R: Well (smiling again) there it is. My friends are doing well in school, looking forward to med school, law school, corporate jobs, you know really moving ahead. My brothers are like burning up the world with their success and here is Ronnie broken down by the side of the road with his finger up his ass. I mean, I'm like a real cafone, you know, a jerk. You're Italian right?

F: Yes, I know what that means, but even if all around you seem to be doing well according to their understanding, why are you unhappy with what you are doing now?

R: Well that's it, right. I'm doing exactly nothing now. I'm supposed to be looking for a job, but everything's slow so I haven't had any luck and my dad says he's not going to help me because I don't deserve his help. So it's like nowheresville for me at this time.

F: So, again, even though people around you, are highly critical of you and your decisions about life, why are you distressed by that?

R: Geese, I don't know other than what I just said. I mean the bad feelings just seem right there in the middle of all this crap.

F: And what are you afraid it would mean about you if you were not upset or unhappy about being who you are in the situation you are in?

R: (real pause as Ronnie hunches over onto the nearby desk and focuses himself on what he has heard, smiles). Hey, that's like a lawyer's question, you know, like my brother Al would say. But I got the drift of it. Yeah. You know, so shit, I don't feel bad? Come on.

F: Is bad how you want to feel?

R: Where would I get off not feeling bad about it?

F: If somehow magically I could make you feel any way that you would want to feel about it, then how would you want to feel?

R: (Smiles). You mean like Prozac or something? Well, look, if I could feel a way that I wanted to feel then yeah, who wants to feel like shit?

F: Do You think it would mean anything about you were you to feel okay about yourself even in the face of the disapproval of others then?

R: Well, it's like I said, where would I get off feeling okay about this, with everyone upset and everything?

F: Are you saying that somehow you wouldn't be an "okay guy" if you didn't feel bad about yourself?

R: Right, right, kinda like a real uncaring character not to be concerned about what others feel, you know?

F: So, are you saying that your way of making sure that you are not an uncaring character that doesn't give a shit about other people, is to create all the pain of feeling down about the situation you are in?

R: (stops with his face set in a look of surprised introspection). I never had that put to me that way before. So, yeah, I do feel kinda like I have to be in a shit place with myself. When I'm in my room that's one of the things that really gets me pissed, is like who proclaimed me the "designated loser" of this family. It's like "Ronnie's role" since day one, you know.

F: Do you want to feel those bad, down feelings then?

R: To be honest no, I don't.

F: So what would it be like, right now where you are sitting to let them go and feel differently? Can you go inside and test that out?

R: Feel good about it? So...(he looks up to the ceiling and leans back in the chair as if in search of some sense of himself inside and after a bit responds, smiling). Holy shit! I did actually feel different about it. Yeah, but right now as I am saying it, I kinda lost it.

F: So go back and get it.

R: (takes some more time). Son of a bitch. I got it back again(smiles). So, yeah I could be okay with that.

F: You really feel that way in your gut, is that true?

R: Yeah, I'm being straight. I didn't think that's what was going to happen when you asked me but, baboom, then there it was (smiles and laughs a bit).

F: Great, just take a moment to really revel in feeling and knowing that.

R: (spends some time). Hey, this is okay, I mean, this is new and it's okay.

F: So, then, how do you feel now about the situation you were describing a moment ago?

R: Better, much better. I guess what bugs me now is more my dad. You know I just can't be anyway that's good for that man. I mean I can't stand to be in the room with him, sometimes I hate him to the point of exploding, you know?

F: What about the way your Dad is with you is so exasperating?

R: What's the big deal, I mean. So, suppose I don't want to be a lawyer like Al or a doctor like Vinnie. So fucking what (turns red in the face) he's got to treat me like a dirtbag because I'm a little confused right now about things? I mean fuck him, that's what!

F: Are you saying your father is being a way he ought not to be and that by doing so he is making himself a way that you can't love him so that's why you hate him?

R: Fuck, that's another lawyer's question, but yeah, you are right, who the fuck is he to be who he is?

F: Is he not being just the way he knows to be, given his upbringing, his beliefs and feelings as he applies them to each moment that he lives?

R: (taking his time, thoughtfully with the question) Ah ha. Yeah, so I guess he is, but fuck him anyway!

F: Are you saying that you don't like him?

R: (smiles) Yeah, you might say that's a reasonable conclusion from what I just said.

F: And is it okay not to like your father for being ways that you don't want him to be?

R: (radical change in emotion, turns slightly away with eyes downcast and welling up with tears) Ah shit, yeah, I mean no, I mean why the fuck doesn't he like me. I mean I really do want the guy to love me. What the fuck is so bad about me anyhow, tell me that?

F: Ronnie, I am sure that you do want him to love you and accept you in the ways that you want that; but if your father, with his reasons for being the way he knows to be, can't extend that kind of love or caring to you now, what about that is so painful?

R: It's like I said, I wonder what the hell is lacking in me that he doesn't like me?

F: Why do believe it means anything about you that, again, given the way your father believes and feels, that he doesn't like you?

R: (composing himself and straightening up in the chair) Ah hell, guess what, you're right. He's the way he is and I tried my best to be his fair haired son, but I guess the slots were already filled by Al and Vinnie.

F: And if you were not upset about this, what do you think that would mean?

R: (pauses but for a moment). Hey (smiling), I'm hip to it already. I guess I feel if I don't get all bent out of shape that means I don't love him and won't try to change his mind about me.

F: And how do you feel now about that, about him?

R: Better, better. Yeah, it's good. I didn't think coming in here that any of this would happen, but yeah I'm definitely in a better place with this whole thing.

F: So is there anything else?

R: (smiling broadly now). Hey, Francesco, you got a job for me?

F: No, but why do you ask?

R: 'Cause I sure hate what I am doing now, you know, a little bartending, a little construction, mostly a little nothing. I guess what's left is that I really don't want to do the petty shit that I am doing now. It bugs me that my friends are all positioning themselves for the kill in life and I am embarrassed to even run into them now.

F: Well, what do you mean when you say that you don't want to do what you are doing now?

R: Hey, like I said, it's bullshit work. I don't like it and I don't want to do it.

F: Well, you just got through clarifying that it's okay not to like what you don't like, but don't you have your own reasons for doing what you are doing now?

R: Sure, of course, I don't want to hold up in my room with my father in the house. So it's good to at least be out during the day, or at night, even in the bar; at least it's work, so that it doesn't look like I'm rotting on the street corner with my lowlife friends.

F: So, then in doing what you are doing you are serving your own purposes at this time, isn't that true?

R: True, so?

F: Why do you think you have to be unhappy about that by saying that you don't want to do what you say you have good reasons to do?

R: Well, because I don't want to do it, that's why.

F: And what are you afraid would happen if you were not unhappy about doing what you are doing at the present?

R: (Pause again, then smiles broadly) Ahhhhh, Yeah, the same old shit again. That's right. It's like if I was okay with it, then I just like sit in it and not do shit about it. You know, like I got to bitch and moan to keep myself aware that this is not my life's vocation, right. Shit, I don't want to do that.

F: So then why do you think you would?

R: Well, I don't, I mean I won't.

F: Is it okay to be happy and still not like what you are doing and know that you prefer to do other things and will pursue doing them in the best way you know how?

R: (smiling). Yeah, sure. It's not even that I'm really so bummed out by what I am doing. It's like I'm "supposed to be" 'cause it's like not "worthy" of me, like my mother puts out at dinner.

F: How are you feeling about what you are doing?

R: Hey, Francesco, it's cool, I'm okay. I don't really have a direction right now but, you know, I just really like hanging out and reading serious stuff, Dostoevsky, Tolstoy, you know the heavy weights. I don't know where that gets me, but hell it's what I like.

F: And is it okay to not know your direction right now and at the same time be happy as you explore whatever possibilities come up in your life?

R: You got it. That's the truth. And I feel it. Thanks.

F: Ciao bella Ronnie. Enjoy.

Everyone will be happy to know that eventually Ronnie got a job; that job enabled him to return to school locally and pursue studies in Russian Literature, a strange vocation for an Italian boy from New York, but an adventure of a lifetime for Ronnie.

HANGING OUT WITH WHAT YOU WANT: LETTING GO OF CONDITIONS ON YOUR LOVING, SO THAT THERE IS NO "IF YOU LOVED ME YOU WOULD BE THE WAY YOU ARE SUPPOSED TO BE SO THAT I COULD LOVE YOU."

From this dialogue we can observe some things we already know about the legitimacy of liking and not liking and how that is different from the pain of anger or hating. We can see

again that true compassion is knowing people are doing the best they can AND knowing this in no way disempowers us from pursuing what we want with vigor. We don't have to be burdened with feeling bad about the way people perceive us or want us to be. We can let them have their vision of us and still love them even when we don't like them. We can certainly feel totally free to act on our own understanding of our best interests even when that brings responses of outrage and indignation from others who "know better" than we what is "good" for us. So the issue of self-trust, again, gets exposed for the true nature of what we could come to know it means: that I cannot be "bad" or "wrong" for me, meaning that I have to be unhappy about what I am doing or about the outcomes of my efforts in the world.

Ronnie could let his father be who he is and surrender the pain of hate; he could let HIMSELF be who he is and surrender the pain of self-loathing and he could be happy with whatever it makes sense for him to do at any given moment and surrender the pain of doubt about his motivation to go after what he wants in life. Loving is just another word for Happiness which is just another word for Freedom. In several dialogues you have seen and will see the question of meaning of either our or another's love. What we could know is that we truly value others freely giving their love to us. Loving derives from *xaris* in Greek, *caritas* in Latin, all of which means a gift, that which is freely given.

So often we may find ourselves in situations with people where we fear the loss of their love, when, as we explore our beliefs, we clearly see that what we call love is not at all what these people are offering, but only their version of love conditioned by all kinds of expectations and demands deriving from their beliefs of unhappiness.

Knowing that, we can revel in our freedom to offer our gift of love to another who might be freely and unconditionally welcoming of it and willing out of their loving freedom to return their own reciprocal gift of love; but that in no way means that we do not want what we want in a relationship. We are perfectly free to pursue our preferences as to how we want to be related to and what conditions we will find congenial to remaining in a relationship. In short we are free to love whomever we please, however we please, whether they are the way we want them to be or not; whether their love for us is relatively unconditional or laden with conditions.

SINCE OUR LOVING IS OUR FREE GIFT, IT IS NOBODY'S BUSINESS BUT OUR OWN WHOM WE BESTOW IT UPON OR FOR WHAT REASONS WE MIGHT DO SO. Thus, Ronnie can, by letting go of his demand that his father be any particular way, dispense with hate and allow his loving if that's what he wants, no matter how his father might not be willing to reciprocate. That in no way means he is surrendering his desire that his father be the way he wants him to be. It just means he doesn't demand/require it for his own happiness, that's all. That's the wonder of love. No one can stop you from loving them, no matter how they may despise you or reject you. Your love is the joy of your happiness and, as has been so often repeated, you can never be wrong for doing what you do. SO, LOVE WHOM YOU PLEASE, AS OFTEN AS YOU PLEASE, IN WHATEVER WAY YOU PLEASE. ENJOY YOUR LOVE!

EXERCISE TEN

LOVING THE YOU THAT IS DOING WHATEVER IT IS DOING!

See how wonderful it can feel to be really okay with whatever you do. Only if you believe there is some agenda you need to accomplish in order to be happy will you hold on to your misery about what you do in the moment, as a kind of "pledge" to somehow force you to "get to" what you "really" want to do. Only when you attain that, or do what you say you must do will you allow yourself any happiness. To do otherwise would be endangering your stated motivation to get out of this "shitty" situation that you don't like. Again, take a piece of paper, or gather with a friend and review what you are actually doing and how you feel about it. If alone, write out your hopes and desires for yourself, all the things you would love to have in your life. Now focus on what you are doing and if alone, use the Option questions in the spirit of the dialogue to follow your belief trail.

See how much of your discomfort and unhappiness you can trace to the fear of feeling okay about your present activities, lest it sap your resolve to get to some other place. As you are able to surrender those feelings and become more and more comfortable with your present life, then turn your attention to the things that you desire to do. Notice how, without the pain of fearing you won't have what you say you MUST have, you can range with ease and pleasure over all the items that seem attractive to you and truly feel good about wanting those things. Free from the tension of anxiety over not having them, see how they take on a different light and meaning for you. See what dimensions of those things become clearer or change. You may be even quite delighted to find that without the obsessive or compulsive quality to your wants, that some of them simply disappear and anything that really appeals to you remains. There may be a wonderful rearrangement of your wants and desires in the absence of the pain of believing that you don't want to do what you are doing, because admitting that you do want to do what you do now bears no ill promise of making you in any way less intense about pursuing a greater and deeper understanding of what you might be wanting in the future.

How to use this shortcut

Perhaps the best way to use this short cut is whenever you notice that you're unhappy. Take a timeout and ask yourself the Option questions. See if you can uncover the beliefs causing your unhappiness. Sometimes it will be easier than other times. Find a friend to ask you the questions. Once you've uncovered the beliefs, see if you can find more useful beliefs to replace them with.

The more you explore these ideas, the more you will see how nothing outside of ourselves can cause us to be unhappy. It's only because we let it in that we get in trouble. As you practice the Option Method, it will become easier to find beliefs behind your unhappiness, so you'll be able to return to a place of happiness and love more quickly. As usual, practice makes perfect.

Where to find out more

The main site to explore is at the [Option Method web site](#). There are plenty of free articles, as well as pointers to many excellent books which explore these ideas in much greater detail.

They also offer a fascinating tape where the creator Bruce Di Marsico explains the Option Method and gives many examples of how it can be applied to real life issues.

The above web site also lists a number of practitioners who work with people either one on one or in small groups. If you feel the need for assistance in applying the Option Method, any of these trained people would be more than helpful. Also note that the most experienced of all is Deborah Mendel, widow of Bruce who has over 25 years' study and practice with these ideas.

Many of the Option books have been written by Frank Mosca, who offers many free extracts and articles to read at his [web site](#). He has a great deal of expertise and is also available to help with applying Option on a one to one basis. Many other practitioners have their own web sites and these can be explored by navigating through the [Option Method web site](#) mentioned above.

There is also an excellent group called the [Option Institute](#), run by Barry Neil Kaufman, a former student of Bruce's. He has taken what he learnt and written several excellent books, extracts of which can be read at his web site. The Institute also offers numerous fine workshops on love and happiness, many of which I've completed with great delight. Highly recommended.

Summary

So often our logical mind is a great help to us, but in some cases it can also lead us into all kinds of unhappiness. The Option Method is a very powerful way to explore our network of beliefs around happiness and love, and offers us the opportunity at any moment to let go of unhelpful beliefs and to relax back into the natural state of happiness and love that was present all along.

HAI Workshops

This series of workshops is presented in several places in the USA, along with England and Australia. They are run by the Human Awareness Institute, and have helped tens of thousands of people over the last thirty years or so.

They focus on the area of personal relationships, which most of us have had no training in. Unfortunately, we've been taught a great deal of shame, embarrassment and guilt in this area, which explains the high divorce rate in the world today. If we are uncomfortable with ourselves and how to relate to others, happy relationships will elude us.



These workshops provide a safe, loving environment where you can look at how you deal with personal relationships. You can see your habitual patterns of interaction and reaction, and see which of those work for you, and which of those don't. Noticing this allows you to try on new ways of behavior which can lead to better quality relationships.

While many of us focus on intimate partnerships, this work is applicable to all relationships in our lives: with a lover, friends, family, colleagues at work, even strangers. If we can let go of the unhelpful patterns we've learnt, we can find a whole new way of relating to people which is based upon mutual respect, love, consideration and acceptance.

I have done most of these workshops and have gained enormous insight and joy from them. I am far more at ease relating to people than in the past, and have HAI to thank for much of that. The workshops don't feed you any dogma you must take on, nor do they judge you in any way. It's not the only path which teaches skills in this area, but it's a very good one.

Their work can be summed up by their mission statement:

The Human Awareness Institute (HAI) empowers individuals to be potent, loving, contributing human beings. HAI promotes personal growth and social evolution by replacing ignorance and fear with awareness and love. HAI aims to create a world where people live together in dignity, respect, understanding, trust, kindness, compassion, honesty and love. The Human Awareness Institute is committed to "Creating a World Where Everyone Wins."

Introduction

By the Human Awareness Institute

Loving relationships don't just happen ... the skills must be learned. HAI workshops provide a nurturing path to understanding and improving your relationships. Love, Intimacy and Sexuality can be the hardest issues to deal with in a relationship. Human Awareness Institute workshops offer the skills that help you deal with these sensitive topics in your relationships.

We help you define what love, intimacy and sexuality mean to you, and in turn, how that affects the other areas of your life. There is nothing you must believe, and no allegiance you must pay; no organization to join and no pressure to sell to your friends.

Why Attend?

Isn't it time you stopped doing the same things over and over again and hoping for a different result? For most of us our relationships work (or don't) but understanding why is a mystery. We go through life looking for a soul-mate, or trying to hang on to the one we have, with little or no understanding of how to communicate our true feelings.

During the workshop, you will explore and create new ways of being with others that are satisfying and nurturing. You will also be supported in discovering anything that may be keeping you separate from others like the fears and judgments that can stand in the way of your happiness.

About HAI

The Human Awareness Institute (HAI) was founded in 1968 by Dr. Stan Dale, DHS. For over thirty years HAI has offered workshops dealing with intimate relationships and human sexuality. Over 50,000 people have experienced HAI.

For many people sexuality is a taboo subject. HAI offers a forum to learn, share our fears about and discuss intimate relationships. Our workshops are specifically structured to provide a safe environment.

What we're not: We are not a dating service, a social-work agency or a therapy group (although combining our workshops with a suitable therapist can be very helpful).

We are open to adults of all sexual orientations (although we structure workshops with a balance of men and women, we make no assumptions about your gender orientation).

HAI also offers a broad spectrum of advanced workshops, support groups and community activities to people who have participated in a Love, Intimacy and Sexuality workshop. A private web site gives all the details; contact the HAI office for the access codes.

About the workshops

What really matters most in your life? For most people the answer is your relationships; how you interact with family, friends, and lovers. Even how you treat yourself! Good communication is the key to better relationships. We believe that good communication is not something that just happens -- it must be learned. The **Love, Intimacy and Sexuality** workshops provide a safe, nurturing way to learn intimate communication and improve your relationships.

What will I learn?

Through a series of gentle exercises, and in a room filled with love and support, we'll give you the tools you need so that you can:

- Pull strength from within and learn to completely open up, to yourself and to others.
- Learn to listen and to really hear what others are saying.
- Connect (and reconnect) with the people in your life who matter most.
- Remove blocks to intimacy in order to expand your ability to love.
- Embrace your sexuality as a special, and sacred, part of your life.
- Honor yourself and the choices you make.
- Become the fully realized and loving being you are meant to be.

At all times, you will be given the choice to go forward or to simply consider your feelings and why they exist. Do you choose to bare your body? Expose your mind? Release your soul? The choices are yours, and there is no need to feel limited. You're not!

This workshop will help you realize that you have the right, ability and power to find, and stay, in a state of love and connectedness. Forever.

Who Will Be There?

People just like you, all linked by the simple desire to love and be loved. Experienced facilitators with many years' experience in our work will guide you through the workshop weekend. Each workshop is lead by two facilitators supported by a staff of volunteers (typically one staff member for five participants).

Why Now?

Why not? Our introductory workshop is offered once a month in Northern California, and periodically in Southern California, the Midwest, the Northeast and outside the US in the UK, Australia, and Japan.

For couples who want to focus on issues specific to their relationship, HAI offers a non-residential weekend Couples Workshop. This workshop offers couples the opportunity to take a fresh look and explore their relationship in a safe environment. It is useful whether your relationship is in a state of "getting along okay," stalled, faltering, or doing great. There is no prerequisite other than registering as a couple and staying together during the workshop.

There is no reason to put off the miracle of love. You deserve to have this abundance in your life now! Sign up today for either the weekend Couples Workshop, or the residential weekend LIS workshop.

The Seven levels of the Love Intimacy and Sexuality Workshops:

1. The Miracle of Love

Even if you don't believe in miracles, come prepared to experience one. At Level 1 you'll experience love in a way you've never before thought possible.

2. Loving Yourself

Level 2 picks up where Level 1 left off, this time directing our attention to loving ourselves, honoring our bodies, and appreciating our gender. Looking in the mirror will not be the same after Level 2.

3. Living at Choice

At Level 3 you are invited to take a deep look at the underlying assumptions and patterns that may be the cause of your behaviors. Level 3 teaches us to really live at choice every moment of every hour of every day of every year.

4. Integrating Sexuality and Spirituality

In Level 4, we move from the idea of spirituality into the experience of spirituality in every aspect of our lives. Building on the lessons of Level 3, we experience breaking habits and patterns and liberating our sexual-spiritual self.

5. The Dance between Control and Surrender

Level 5 takes the lessons of the previous levels to new heights as we find the magic in not only getting what we want but also wanting what we get.

6. Creating Community

Level 6 shifts the focus of the earlier levels from looking within to looking at our life and the world around us. We are not only the person who looks back at us in the mirror's reflection; we are also the one reflected in the eyes of our community.

7. Being the Source of Love

Perhaps the art of truly living your life 'in love' comes from the ability to be love in any situation, no matter what. What if the source of love only came from within you? Come be love in the Room of Love.

Frequently Asked Questions

This document answers most of the questions that people have asked about HAI and the HAI workshops.

1) INTRODUCTION TO THE HUMAN AWARENESS INSTITUTE (HAI)

What is HAI?

The Human Awareness Institute (HAI) produces workshops and other activities related to improving communication and relationships. Dr. Stan Dale originated and led his first workshop in Chicago in 1968. In the last 30 years, over 50,000 people have attended HAI's workshops. HAI has grown from a very small family business and one workshop into a series of many workshops led by a highly trained team of facilitators (leaders). This year, HAI will produce workshops in several locations around the world.

What is the philosophy behind HAI?

HAI's philosophy is summarized in the following mission statement, the basis for all of its activities:

The Human Awareness Institute (HAI) empowers individuals to be potent, loving, contributing human beings. HAI promotes personal growth and social evolution by replacing ignorance and fear with awareness and love. HAI aims to create a world where people live together in dignity, respect, understanding, trust, kindness, compassion, honesty and love. The Human Awareness Institute is committed to "Creating a World Where Everyone Wins."

Where are activities offered?

The biggest concentration of activity is in the San Francisco Bay Area of Northern California. However, HAI is growing and conducts workshops in Southern California, Midwest US, Northeast US, Australia, Japan and England. In other areas such as Portland/Seattle participants have started and are sustaining their own support groups.

2) INTRODUCTORY ACTIVITIES

What is HAI's primary focus?

HAI conducts a series of weekend Love, Intimacy & Sexuality (LIS) workshops. The first workshop (referred to as Level 1 or generically as the LIS workshop herein) is offered almost every month in the San Francisco Bay Area and periodically in the other locations. The LIS workshop is discussed extensively below.

What is the Couples Workshop?

The "Couples" workshop is a weekend designed exclusively for couples in a committed relationship (however you define that). This workshop provides an opportunity to deepen and strengthen your love for yourself and for your partner. This workshop is offered on a limited frequency, so call your local office for more details. The prerequisite is the LIS workshop.

Do you offer any workshops that don't take a whole weekend?

The "Pathway to Intimacy" workshops are conducted in a single day. They are held in major cities and give a taste of what is available from the weekend LIS workshops (see more below), yet they are complete within themselves.

What social activities does HAI sponsor?

HAI sponsors parties in the same areas where the LIS workshops are offered. Come and visit with other people who have either attended a workshop or are interested in learning more about HAI. There are non-alcoholic refreshments, finger food, dancing, and a brief presentation that offers a sense of workshop experiences. Call the office for more information.

Does HAI sponsor any information talks?

Periodically one or more of the workshop leaders will offer a lecture on a topic of interest to people who find the workshops interesting. These evenings are open to the public, without any prerequisites.

3) THE LIS WORKSHOP HIGHLIGHTS & BENEFITS

What are some overall benefits of the workshop?

In a caring, supportive and safe environment, discover the ingredients for happy, healthy, loving, intimate relationships. Shed your fears, judgments and disempowering beliefs that keep you separate from others.

Where did you learn about love, intimacy and sexuality? What we often don't realize is that our very ideas about these topics may prevent us from fully expressing and receiving love. The workshop provides an opportunity to examine this.

Participants are profoundly moved by the depth of emotional openness that repeatedly occurs throughout the course of a weekend. Imagine if you can, a group of people being completely honest and real with each other.

In what ways might you improve your self-image?

Feel new levels of self-esteem.

Uncover your passion for living, your natural appreciation and acceptance of yourself and others, and your inherent desire to live joyously.

Feel unconditionally accepted by others

Access your heart at a depth you may not have experienced before.

Let go of any blocks to your natural spontaneity and self-expression.

What kind of personal blocks to intimacy are addressed?

Gently move through layers of pretense, negative beliefs, fears and protective behaviors which have prevented you from receiving and giving love.

Discover the power possible in being open and sharing your intimate feelings and private thoughts.

Feel compassion for others and in turn be less hard on yourself.

How may your relationships with others be improved?

Learn how to communicate better with everyone in your life.

Discover how to fully and authentically share who you really are with others.

Find a new respect for your gender and the other gender regardless of sexual orientation.

Heal past hurtful relationships.

Learn to trust and move past barriers you may have put up out of fear.

Find, have and stay in love -- as you never before thought possible!

What kinds of boundary issues are examined?

Setting personal boundaries and trusting your own sense of "yes" and "no."

Empowering yourself to ask for what you want, without shame or guilt.

What are some experiences of the workshop?

See a 52 year-old man share his tears of healing as he reveals his forgiveness for his father.

Hear a former Catholic priest share his discovery of a profound new meaning for spirituality.

Observe a married couple of 22 years fall in love with each other again.

Feel the camaraderie, the love, the compassion. People are risking, melting and transforming before you.

Imagine the tears of joy trickling down a woman's face as she realizes for the first time that she is beautiful.

4) WHAT THE LIS WORKSHOPS ARE ABOUT?

Is the workshop format like a seminar or lecture?

The workshops are more experiential than instructional in a traditional sense. There is a series of guided exercises which are designed to allow you to experience and identify for yourself which of your behaviors help or hinder you in having more love in your life. This kind of experience is less abstract than simply listening to a lecture.

As you focus on elements of how you are with people in your life, there is an opportunity to expand your awareness and take new actions. The focus is much more on who you are rather than what you do. The workshop is led by two or more Facilitators. A facilitator introduces a topic and then moderates a discussion about it. Since most of the workshop is experiential, discussions are based on a current or past experience. The facilitators help you see how the experience impacts you.

Are the workshops about sexual technique?

Sexual technique is not taught, but communication is, which can lead to greater sexual enjoyment. The workshop is much more about how to be intimate and loving than it is about how to "do" sex. By considering your notions about love, intimacy, and sexuality, you may see how they may get in the way of what you really want in some of your relationships. [More discussion below.]

How do the workshops relate to HAI's Mission Statement?

You are treated with the dignity, understanding, kindness, and compassion you deserve. Part of this means that you and your choices will be totally honored and respected. Imagine what you need to feel completely safe -- you will have that and more at the workshop. The workshop will help to replace ignorance and fear with awareness and love. You will have the

opportunity to experience what it means to be a potent, loving, contributing human being. This in turn may help you to uncover your passion for living and your desire to live joyously.

So what ARE the workshops really about?

The workshops are about how to create healthy relationships. This includes more effective communication with romantic partners, family members, friends, co-workers, and others who you meet on a casual basis. You learn to share and experience what it is to be human from the inside, not just what we see in the facades.

The workshops touch every part of your life, because every part of your life consists of relationships. Even when you are alone, you either deal with your relationship with yourself, or you are thinking about your relationships with others. The workshop is as much about choice as it is about love, intimacy or sexuality. Many of us don't recognize when we have abdicated our right to make choices in our life.

How does "choice" relate to love, intimacy and sexuality?

Closely examining how love, intimacy and sexuality are part of our lives triggers us to look at how we often don't make our own choices. There is often some "charge" in these areas that finds us making habitual responses that don't work, rather than choices that will result in what we truly want. The workshop helps us develop skills to be more self-assured in exercising our freedom of choice.

How do you learn to get what you really want?

Sometimes we ask for what we *think* we can get rather than what we really want. Then we are not satisfied and we can't figure out *why* we are not satisfied. Or we just don't know where to go or how to ask. At the workshops there is the opportunity for you to ask for 100% of what you want 100% of the time, be willing to hear no, and negotiate a win-win.

How does saying "Yes" or "No" figure into all that?

When you are able to truthfully say "no" as well as "yes," others can trust that when you say "yes" you mean it. If you cannot say "no" it is difficult for others to believe your "yes." At the workshop, you have many opportunities to practice saying "no" and "yes." You will gain clarity into knowing what you really want and be able to make appropriate choices.

Are boundaries respected?

Your boundaries will be fully respected and your choices honored. The workshop provides coaching for you to constantly review your position and shift your boundaries further out or closer in as you see fit. You may redefine those boundaries as you become more confident in your ability to be true to yourself.

5) PAST PARTICIPANTS AT LIS WORKSHOPS

What is a general description of participants at an LIS workshop?

people of age 18-80 (no upper limit)
people of either gender
people of color (the one you have is fine)

What kind of relationship background or interests do they have?

people who have never been in relationships
people seeking relationships
people who are in casual relationships
people who are in serious relationships
people with all varieties of relationship history (none to lots)
people wanting to enhance the nature of their relationships
people who like the way they are in relationships

In what ways have people wanted to connect?

people who want more loving connections in their lives
people wanting to experience being more genuine
people seeking to deepen their life with their partner
people wanting to heal past relationships (or heal other things so that they can form new relationships)

What is their outlook on life?

people who want to be loved, respected, cherished
people who want to know how good life can be
people who have done a range of personal growth work (from little or none to lots)

6) ATTENDING AN LIS WORKSHOP

Do I have to come with a partner to the workshop or currently be in a relationship?

No. You may come with or without a partner. In a typical workshop, about one third of the participants are there with a partner and about two thirds are not. Many participants are not in a committed relationship. The workshops are "gender-balanced." This simply means that there are approximately an equal number of men and women participating in each workshop. This requirement is independent of sexual orientation.

What about my relationship status?

Relationships cycles have a before, a beginning, a middle, and an end. There are long-term relationships and short-term relationships. When a relationship ends, there is often dating again in search of a new partner. All of us have been in one stage or another of the cycle -- sometimes a different stage at different times. The workshop accommodates everyone, regardless of where you are in the relationship cycle, independent of sexual orientation.

What specific requirements are there for attending a LIS workshop?

The LIS workshop is open to anyone over the age of 18, regardless of relationship status, sexual orientation, personal background, gender or race.

In what kind of facility is the workshop held?

The workshops are usually held in a retreat-type setting with natural surroundings, and with opportunities to relax and unwind. There are usually spa facilities available. In Northern California, the LIS workshops are held at Harbin Hot Springs, about two hours north of San Francisco.

7) LIS WORKSHOP LOGISTICS

How many people typically participate in a workshop?

At most Level 1 workshops, there are between 45 and 60 participants. There are also approximately 15 people present who have already taken the workshops. They are there to support the participants and help the workshop run smoothly.

What is the mix of men and women at a workshop?

It is about the same, given the gender-balance requirement mentioned above. Because of what is sometimes a delicate balancing act, waiting lists may develop for one gender or the other. It is a good idea to register for the weekend of your choice several weeks in advance. However, places may be available up until the last minute, so call if you are interested.

If I come with a partner, do I have to spend the whole time with that person?

How you participate is your choice. There are a variety of opportunities where you may choose to do an exercise with your partner, or opt for doing an exercise with someone else. There is value in each option and throughout the workshop you and your partner can decide what is best.

What is the timeframe of a workshop?

On-site check-in begins on Friday at 5 pm and continues until 7 pm. At many sites it is okay to arrive as early as noon to enjoy the retreat facilities. Friday night dinner is served at 7 pm and the workshop starts promptly at 8 pm. The workshop concludes between 6 and 6:30 pm on Sunday and is immediately followed by dinner. Your confirmation letter provides more detailed information specific to your weekend. There are breaks approximately every two hours while the workshop is in session, varying from 15 minutes to 2 hours.

What is the format of the weekend workshop?

During the course of the workshop, most of the directed time is in one of three formats: in exercises, in large group, and in small group. In workshop exercises, with partners of your own choosing, you are guided by the facilitators in a variety of ways that allow you to take a look at the issues being presented. In large group time the facilitators discuss issues with the entire group and individual participants may also share with the group. In small group time you are a member of a group of 4 to 6 people. The facilitators present a topic and everyone in your group has the opportunity to hear others' experience about the topic. You learn not only from your own experience, but from hearing others' experiences as well.

What does it mean to "share" at a workshop?

Sharing refers to expressing to others your feelings, thoughts, knowledge, and personal opinions. Both participants and facilitators share with each other their personal experiences in a way that allows them to be more present and helps others get to know them better. Sharing may also facilitate your ability to formulate actions you want to take to make changes in your life.

Is there any workshop follow-up?

Yes. On an evening in the week after each workshop, there is a follow-up meeting. You have the opportunity to reconnect with other participants from your workshop to share how life has transpired since the weekend. There are also regularly scheduled parties as well as monthly support groups in many areas.

Who facilitates the workshops?

HAI has a team of highly trained workshop facilitators. Any combination of facilitators may be present at any workshop:

Stan Dale, Doctor of Human Sexuality. Founder of the Human Awareness Institute and creator of the "Love, Intimacy and Sexuality Workshops," transactional analyst, sexologist and lecturer. Stan has taught at several universities and is on the faculty of the Institute for the Advanced Study of Human Sexuality. Stan is also the author of *Fantasies Can Set You Free* and *My Child, My Self*.

Chip August, Certified Hypnotherapist, writer, and business consultant. Chip is also a counselor, specializing in couples' issues, communication skills, and releasing and healing anger.

Peter Rengel, MA, Heart meditation teacher and counselor specializing in assisting individuals and couples to experience more love in their lives. Peter is the author of *Seeds of Light* and *Living Life in Love*.

Sarah Sandhill, Certified Hypnotherapist and support group facilitator. Trained at The Process Therapy Institute, Sarah assists individuals and couples in developing new skills to enhance personal expression. She also facilitates a workshop for women called "Journey into Body and Soul."

Felicia Williams, Ph.D., Organizational Psychology. Psychologist specializing in relationships, life transitions, and the inner child. As an organizational business consultant, Felicia works in the areas of training and development, team building and career development and life purpose.

Donna Spitzer, MST. Montessori educator and Lomi body/mind practitioner, Donna teaches how to communicate with love and facilitates people in the discovery of the richness of intimate partnership.

Anne Watts, Certified Hypnotherapist, educator, mediator and counselor, Anne specializes in self-esteem, couples and family dynamics, sexual abuse and healing the inner child.

Peter Sandhill, MA. Diversity and cross-cultural specialist, university educator, counselor and yoga teacher. Peter's passion is assisting people of all ages and backgrounds to see their own inner beauty, power and potential. He also co-leads a Men's workshop and a program for teenagers to develop self esteem and leadership qualities.

8) PATHWAYS TO INTIMACY

What is a Pathways to Intimacy (PTI) workshop?

The PTI is a single-day workshop on healthy relationships

What is the difference between a PTI and a LIS Level 1 workshop?

The LIS workshop is a full weekend. As a weekend workshop held at a relaxing retreat, there is time to cover a range of topics, to get to know the other participants and to experience a series of guided exercises. Participants must be 18 or older.

What is the advantage of going to a PTI over an LIS workshop?

A PTI workshop requires less of an outlay in terms of time, money, and intensity. A PTI is a single day event, typically 10 am to 6 pm, in a hotel setting. The cost varies by location, but it is a fraction of the cost of a LIS workshop (usually under US \$100). Additionally, there are fewer exercises.

Why go to a PTI?

Since participants as young as 13 are allowed, some people take advantage of the opportunity to review core relationships with parents, children and siblings in a caring, supportive environment. It is a good place to bring teens or go as a family. A PTI offers a confidential environment where you get to practice making choices, as well as the opportunity to create new friendships, discover and let go of what takes you out of love, and reach a new depth of honesty and intimacy. Some people use a PTI as a jumping off point for other work on themselves.

Phone numbers for HAI around the world

To contact the main office:

Phone: 1-800-800-4117 (within the USA) or +1-650-571-5524 (worldwide)

Email: office@hai.org

Human Awareness Institute, 700 Widgeon St, Foster City CA 94404-1336

To contact the regional offices:.

Northern California: Phone: 1-800-800-4117 Email: office@hai.org

Southern California: tel: 1-800-800-4117 Email: socal-office@hai.org

Midwest: tel: 313-383-2823 Email: midwest-office@hai.org

Northeast USA: tel: 617-249-0637 Email: eastcoast-office@hai.org

Australia: tel: (02) 8005 1085 Email: australia-office@hai.org

UK: tel: +44 -181-364-8877 Email: england-office@hai.org

How to use this shortcut

As you can probably tell, these workshops will help you to feel much more comfortable relating not only to others, but also to yourself. You will feel far more confident dealing with the many relationships in your life, so you won't need to overeat to escape from relationship problems. Although not foolproof, the learnings from these workshops are very powerful.

Where to find out more

If you're not sure that this work is for you, go along to a free introduction evening, or even a social event. That way you can get a small taste of the work and see how you go. It's not for everybody, sometimes it is challenging, so you must be willing to face whatever comes up for you. Still, willingness is all you need, so go along and make your own mind up.

Many people consider workshops such as these, but shy away from them because they are scared of what they'll find out about themselves. It's true, often just below the surface there is pain which must be dealt with. However, the wonderful thing is that by dealing with such pain, you'll find a place of incredible peace and joy waiting for you underneath. Always.

To find out more about the Human Awareness Institute workshops, visit [the HAI web site](#). Their web site will give upto date contact information for all regional HAI groups around the world, as well as detailed schedules for when their various workshops are held.

Summary

The HAI workshops offer a wonderful safe, accepting space for you to look at your current patterns in relationships, not only with others but also with yourself. You can then find out what works and what doesn't work for you, and then try on new choices that are more effective in creating rewarding relationships in your life.

One of the best things I like about the HAI work is that if you do a workshop, that's not the end of it. As well as other workshops which explore the topics in more details, there are also vibrant communities of graduates all over the world. They run frequent reunions, social events and parties, and it's a great way to get regular support to live daily what you've learnt.

Releasing or Letting Go

This shortcut is extremely simple, and is something we've all done at one time or another. However, we usually don't do it consciously, which means that we don't often remember to do it when we're in the heat of a challenging situation. By learning more about releasing and practicing it, we'll be more able to release on things when they happen.



This process was first shared with the general public by a man called Lester Levenson, who later formalized it into the Sedona Method. There are other groups who offer the same work, as well as books available from the usual sources. Still, the following articles give you the basics which are enough to get you started.

The First Steps of Letting Go

By Hale Dwoskin

Feelings are just feelings; they are not you and they are not facts. However, we live life as though the opposite is true. It is even in our language. When we feel fear we do not usually say "I feel afraid." We usually say "I am afraid." We are affirming to ourselves and to others that we are the fear -- and we live as though that's true. But this could not be further from the truth.

Allow yourself to experiment with the following simple questions. If you are open to the questions, you'll find that your fear, anxiety, and stress melt away.

The next time you feel anxious simply follow these simple steps:

- **Step 1:** Focus on the fear or anxiety you're feeling in this moment. Just welcome the feeling and allow it to be, as fully or as best you can.

Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can do anything about the way we feel is NOW. The more you work with this process the easier it will be for you to identify what you are feeling. Simply do the best you can.

- **Step 2:** Ask yourself following question: Could I let this feeling go?

This question is merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers. In fact, you'll often let go even if you say "no." As best you can, answer this question with a minimum of thought, staying away from second-guessing yourself or getting into an internal debate about the merits of that action or its consequences. Go on to Step 3 no matter how you answered the first question.

- **Step 3:** Ask yourself this simple question: Would I? In other words: Am I willing to let go?

Again, stay away from debate as best you can. Also remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn't matter whether the feeling is justified, longstanding, or right.

If the answer is “no,” or if you are not sure, ask yourself: “Would I rather have this feeling or would I rather be happy and secure?” Even if the answer is still “no,” go on to Step 4.

- **Step 4:** Ask yourself this simpler question: When?

This is an invitation to just let it go now. You may find yourself easily letting go. Remember that letting go is a decision that you can make any time you choose. If you want to hold the feeling for the rest of your life, that is OK. But, simply recognize that it's your choice how long you want to hold on to the feeling.

- **Step 5:** Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

You will probably find yourself letting go a little more on each step of the process. The results at first may be quite subtle. Very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

The Basics of Holistic Releasing

By Hale Dwoskin

Holistic Releasing is based on the premise that everything we experience in life, whether real or imagined, arises in pairs or polarities or duality. Because of life's underlying unity, if we have “in,” we also have “out.” If we have “right,” we also have “wrong.” If we have “good,” we also have “bad.” If we have “pain,” we also have “pleasure”.

This is quite obvious. However when we live life as though we can hold onto the good and get rid of the bad, we miss the inner truth. When we try to hold onto something good, it always slips away. Whenever we try to clutch onto what we judge as good or preferable, it tends to move through our awareness.

Then think about the converse. What happens when we resist or try to hold away what we don't like? That's right. It persists or gets even bigger. So, in effect, what we're doing is pulling what we don't like towards us and pushing away what we do like.

We also spend a lot of time and energy magnifying the polarity by trying to keep what we like as far away as possible from what we don't like. All of this creates the exact opposite effect of what we want. It magnifies or even creates what we call problems.

At Sedona Training Associates, we've discovered that when you bring the two sides of a polarity together, it's like bringing matter and antimatter, or positive and negative energy, together. The opposites neutralize each other and you're left with much greater freedom, presence, and understanding. You see solutions, not problems. You feel more open, alive, and at peace.

As you work with this material, you'll discover that this effect magnifies over time. You'll start to discover more possibilities and see things more clearly. Every time you work with any of these suggestions, you'll get more out of them—more inner understanding.

Now, the way we do this is very simple. We simply focus on both sides of the polarity by going back and forth repeatedly between both sides. For instance, a very simple polarity has to do with happiness. Most of us are either feeling relatively happy or unhappy from moment to moment, and we see only one side of the polarity, not the other.

Here is how it works:

Silently ask yourself the following two questions alternating between the two sides of the polarity at a pace that is comfortable for you. Allow yourself to feel each side as best you can. Also, do your best to lead with your heart as opposed to your mind.

- Could you allow yourself to feel as unhappy as you do in this moment?
- And then, could you allow yourself to feel as happy as you do in this moment?
- And as unhappy as you do in this moment?
- And as happy as you do in this moment?

Do this a few more times and then notice how you feel inside.

Here are a few other polarities that you can use to conquer your fear, anxiety and stress right now.

- Could you allow yourself to feel as anxious as you do?
- Could you allow yourself to feel as relaxed and secure as you do?

- Could you allow yourself feel as insecure about public speaking as you do?
- Could you allow yourself to feel as secure about public speaking as you do?

- Could you allow yourself to feel as out of control as you do?
- Could you allow yourself to feel as in control as you do?

- Could you allow yourself to feel as insecure with your job or career as you do?
- Could you allow yourself to feel as secure with your job and career as you do?

Experiment with this on your own and you will find that you will easily begin the process of letting go of fear, anxiety and stress.

Frequently Asked Questions

By Hale Dwoskin

Who should learn the Sedona Method?

Anyone who has a sincere desire to grow and change their life for the better, or is ready to be free of all inner limitation, should learn how to release.

What will I learn?

You will learn that you are a lot more than you ever imagined.

What do I need to begin?

Just yourself and an open mind. For the home study version you will also need an audio tape cassette player.

Why haven't I heard of The Sedona Method?

Until recently the only way to find out about us was to be on one of the direct mail lists we use or to know someone who's taken one of our seminars or bought a home study course. Now, we are reaching more and more people via the Internet and a national publicity campaign. There is a wise saying: "When the student is ready, the teacher appears." So, perhaps the reason you are just now finding out about it is that you are now ready for it.

How long have people practiced The Sedona Method?

The first class was held in 1974 in Sedona, Arizona. And since then, over 30,000 people worldwide have experienced its benefits.

How quickly will I see results?

From the very first day you put the Method into practice, you will start to see benefits, and the results increase dramatically over time. You will continue to see results as long as you use it, because, at a certain point, releasing becomes second nature. You can receive benefits from the Method throughout your entire life!

How long will it take?

You can receive benefits from the method throughout your entire life, starting now. Many people start getting results in a matter of minutes. And you will continue to see results as long as you use it. There is no "state" that you have to strive for. It keeps working for you as long as you use it.

What can I expect to happen?

You can expect to feel much better, start making better decisions, be more in control of your life, have better relationships and, in general, have your life improve significantly. The specifics for each individual vary widely because each of us has our own unique experiences, goals and life circumstances. Once you discover how to release, your inner self begins to blossom in many exciting ways.

What real and immediate benefits can I expect?

Everything reported in our web site is possible for you. The Method is a tool, and the more you use it, the more you will get out of it. Results vary depending on how much you put into it and how long-standing your issues are. Most graduates report feeling immediately calmer, happier and more alive, finding themselves much more effective in life.

Does it hurt?

Only when you laugh...no, seriously, releasing is a very uplifting experience that relieves you from the paths that would lead to pain, if not released. The effect of The Sedona Method is that you feel good, confident and at peace.

You've heard the expression "No pain, no gain." How is it possible to truly release without dredging up and re-experiencing the pain from the past?

There is a place within each of us that is more "core" than just an array of memories making up our past—a calm place from which we can witness the events of our lives without being affected by them. When you learn to access this place, your past issues dissolve more easily as you bring them to awareness.

The Method will not only lead you toward being able to access this "place," it will also clarify for you the basic underlying motivations that result in all the pain, suffering and discomfort you need to release in the first place. And it will, of course, provide you with the means of letting go of all that you discover as a result of your new understanding.

Will I get emotionally spent?

Some people have emotional releases but never to the point of being spent. That's because releasing is restorative rather than exhaustive. As you release, events which may have caused you emotional pain in the past and are continuing to cause you pain in the present are let go of. What remains is a peaceful feeling. It's really a very calming experience.

If this is so simple, why isn't everyone doing it?

Actually, everyone does. Releasing is a perfectly natural experience, which everyone has benefited from at one time or another. The Sedona Method shows you how to put that experience under your own control so you can let go consistently, whenever you choose, rather than have it happen only by accident.

Can I become dependent on The Sedona Method?

Not at all. The Sedona Method frees you from your dependencies. That's what releasing is all about: Freedom.

Is this a religion, belief system, spiritual practice or brainwashing technique?

No. The Sedona Method is simply a technique to let go of unwanted feelings, emotions and everything else that is holding you back. It does not require any special beliefs or ideologies and is in harmony with all religions, belief systems and spiritual practices. The Sedona Method is actually the opposite of brainwashing.

How is this different than therapy, meditation or motivational tapes?

Although the goal of therapy is letting go of unwanted feelings and emotions, The Sedona Method gets you there without being dependent on going to a therapist week after week for months or years at a time. You don't need to talk to anyone to get results from The Sedona Method.

You meditate with your eyes closed -- you have to withdraw from the world to get results. And it often takes weeks, months, and even years to experience profound results. The Sedona Method achieves the same results and more in less time with an "eyes open" technique.

Rather than withdrawing from the world you become more "involved" in the world. And because you can do it with your eyes open, you can release in the middle of any life circumstance, while it is happening, and before it has a chance to adversely affect you. Plus, you don't have to adhere to rules from any group or guru.

Motivational tapes are great when you are listening to them. But the effect doesn't last. You are depending on an external source for your motivation. The Sedona Method teaches you how to create/activate your own motivation and then tap into it whenever you feel the need. You don't need to follow anyone's orders but your own. In fact, you become your own best coach/teacher.

What other system is The Sedona Method like that I'd be familiar with?

The Sedona Method is like no other system that you'd be familiar with. However, the feeling of release is something that you are definitely familiar with, even if you haven't experienced it in a long time.

What if I have already done or am involved in therapy or other personal growth work? Can this still help me?

People who have done a fair amount of personal growth work typically report that their insights and understanding of childhood wounding have only brought them so far. They report that the Method actually clarifies for them what they have been seeking all along: a calm, authentic sense of themselves, and a way to maintain this awareness easily. They feel like they have found the missing piece to the puzzle.

It is equally true that Sedona graduates who have never done a day of therapy experience a profound transformation in the way they live their lives.

How do I know it will work for me?

How do you know it won't, unless you give it a try? It has worked for many others just like you. There is every reason to believe it will work for you. Of course, it is you who must listen to the tapes or come to our seminar. It works for everyone who has a sincere desire to change or improve their life. And if you are one of the very few who doesn't seem to click with this method, you are still at no risk because of our guarantees.

Will this help me recover from a life threatening disease?

The Sedona Method is not intended to treat, diagnose or cure any illness. If you need medical attention please consult with your medical practitioner. I think most practitioners will agree that being in tip-top emotional condition can only support whatever medical treatment you need and may mean the difference between success and failure.

What if I'm having trouble getting the results you promise?

If you need help, we have trained facilitators available to answer your questions and support you through your process.

Is the course available on CD?

Currently the course is only available on audio cassette. We do not have immediate plans to offer the course on CD. This is an excellent course and it will be well worth it to you to borrow or purchase an inexpensive player.

What if all your problems are just memories?

By Hale Dwoskin

One of the most powerful perspectives that we have been exploring in our courses is that there are no problems in this present moment. I know that may be hard to accept, but what if all the supposed problems you have right now are just memories?

I challenge you to explore this question for yourself and at least entertain the possibility that problems are just memories. I promise that if you even just accept this partially and work with it as best you can the way it is outlined in this article, your life will radically transform for the better.

The reason that problems appear to persist through time is that whenever they are not here in this moment we look for them. We actually seek our problems. We filter our experience based on the belief that we have a particular problem and unconsciously censor out anything in our experience that does not support that belief, including the fact that it is not here now.

Think of a problem that you used to believe you had. I purposely phrased this question in the past tense. If you are having a hard time accepting it as from the past, allow yourself to include the last moment as part of the past. Most of us think of the past as at least yesterday, last year or years ago. For the sake of understanding what I am suggesting, please allow yourself to view the past as anything that is not happening at this moment.

Now, allow yourself to ask this question: "Could I allow myself to remember how I used to believe I had this problem?" This shift in consciousness may make you laugh, it may make you tingle inside, or it may simply open the possibility in your awareness that yes, even this is just a memory.

Next ask yourself: "Would I like to change that from the past?" If the answer is "yes," ask yourself: "Could I let go of wanting to change that from the past?" And let go as best you can. If the answer is "no," just go on to the next step.

The completion question in this series is to ask yourself: "Could I let go of wanting to believe I have that problem again?" And then do your best to let it go.

If there is still some clinging to the memory of the problem in this moment, then repeat the steps from the beginning until you can fully let go. As you work with this perspective more and more, you will find it easier and easier to let go of even what you used to believe were long-standing problems.

If you use this simple direct application of the Method, I promise you the results will surprise and delight you.

There are several hooks in most of us that may prevent us from being able to use this or any

other helpful releasing perspective. Let's explore some of these hooks so that we can be free of them.

"I suffer, therefore I am."

Strange as it may seem, this quote reflects the way most of us live our lives. We identify with our problems and the self-created suffering that we experience in relationship to believing we are the one with these problems. If you reflect on "your" problems you will discover that you have grown so attached to these patterns of thought and behavior that you will probably find it hard to imagine yourself without them. We cling to the artificial sense of security that comes from knowing what to expect, even if that expectation is not beneficial, rather than being open to the uncertainty that comes from letting go.

It does not have to be that way.

Think of a problem that you used to believe belonged to you, and ask yourself: "Would I rather have the false sense of security that comes from knowing all about this problem or would I rather be free?" If you would rather be free, you will find yourself spontaneously starting to let go of your attachment to having this problem and you will find yourself discovering natural solutions as opposed to justifying your having or being stuck with this problem.

But what will I talk about?

Most of us base a significant amount of our personal communications around seeking sympathy for our problems or commiserating with others about theirs. It is not that sharing your problems is detrimental. In fact, the freedom to share with others what is bothering you is often the first step in letting go and moving on. Also, being able to be there for our friends and partners when they are in emotional need is a sign of being a good friend.

Where we get stuck is when we continually share the same problem over and over again and there seems to be no relief. If you find yourself telling the same story more than once, check to see if you are seeking agreement or approval for the problem. If you are, ask yourself: "Could I let go of wanting others to agree with me about my having this problem?" or "Could I let go of wanting approval for this problem?"

It's mine, that's why.

Pride is a shifty emotion. We don't just feel proud of our accomplishments. One of the places that we can get really hooked into the memories that we used to believe were our problems is being subtly proud of having them. We subtly feel so special for having them. It may take the form of feeling proud of having prevailed even with the problem, having borne it for so long or having a problem that is unique to just you.

On the October retreat there was a participant that had actually been at Ground Zero on September 11 and had been in a state of high anxiety despite all their releasing ever since that experience. We did some work together on the fear and there was some relief. But it was not until this person was able to recognize how they were subtly proud of having been in such a unique situation and having developed such a great story around it that they were able to

completely let go. Once they did see the pride and let it go, the anxiety that they had been experiencing almost continuously for over a month vanished and did not reoccur.

Look at the problems that you used to believe you had and check to see if you feel that they make you special - look for any pride. If there is any pride and you can honestly admit that to yourself and let it go, you will find that it will free you to just let go of the problem.

It's not wise to ask why.

Wanting to understand or figure out why or from where are problems arise can also be a major obstacle to letting them go. "Would you rather understand your problems or just be free of them?" If you would rather be free of them, I would highly recommend that you let go of wanting to figure them out. In order to figure out a problem we must leave the present moment - the only place we can truly solve anything. Plus, we only need to understand a problem if we are planning to have it again or maintain it.

Look for the Freedom that is here and now.

No matter where your consciousness has gotten hooked in the past, in addition to releasing on it directly, develop the habit of looking for its opposite. Most of us have gotten very good at finding problems or finding limitation. We have gotten so good at this quest for limitation because of our habit of looking for our problems when they are not here.

The freedom that we are is always closer than our next thought. The reason we miss our inherent freedom is that we jump from thought to thought, from familiar perception to familiar perception, missing the freedom that is here and now.

Even when you are working on a particular problem, allow yourself to look for where the problem isn't. Look for how even your worst problem is not always with you now. If you start becoming aware of your basic nature of unbound freedom, you will find that this awareness will put all of your supposed problems into perspective and allow you to live this freedom now.

How to use this shortcut

The best way to use releasing is when you find yourself wanting to go to the fridge for emotional reasons. In other words, when some kind of emotional reaction is tempting you to dull it with food. Take a moment to identify the uncomfortable thought and/or feeling that you're having, and release on it.

It might take a bit of practice to master this process, but it's very powerful. Don't let the simplicity fool you. We all release occasionally in our lives, but the benefit of working on this process is that it will become something you can call upon whenever you need to, rather than being an accidental thing that happens every so often.

Where to find out more

As you can probably guess by now, the best place to learn more about releasing is at the web site for the [Sedona Method](#). They offer a free introductory cassette, as well as several comprehensive tape sets which cover releasing in great detail. There is also an excellent book called 'the Power of Letting Go' by Patricia Carrington, available at Amazon.com and elsewhere.

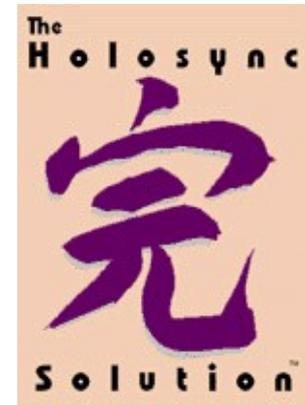
Summary

Releasing is something we've all done in the past, but usually without conscious awareness. By learning to simply let go of uncomfortable thoughts and/or feelings, we can reconnect with the peace of mind and contentment which is always available beneath the surface. As we do so, we will not need to eat as much, so easy and effortless weight loss will be the result.

Holosync Meditation

This is a system of meditation that relies on listening to relaxing sounds through a set of headphones. As the following articles explain, these special sounds enable you to greatly increase the results you get from meditation, perhaps by a factor of ten or even more. i.e. you'll gain more in a year of Holosync than in ten or more years of traditional meditation.

In a way, instead of you consciously meditating, the Holosync system meditates you. This sounds strange, and it is. You don't need to focus on a mantra, your breath, or anything else, just by listening to special sounds you'll gain all the benefits of meditation at an accelerated rate. Whether you currently meditate or not, this is a very powerful tool towards wholeness.



The main reason I use Holosync is that I have many inner limits and emotional blocks that I'm not aware of. If I can identify something that's holding me back, I can usually deal with it using other tools. However, if I'm not even aware of it, I'm stuck. That's where Holosync excels: it gradually and consistently brings up such inner blocks, and allows them to heal.

This whole process is a bit like an onion: by consistently meditating using this program, I'm able to peel back layer within layer and let it naturally heal. The more that comes up and heals, the clearer I become, and the happier and more loving I am. There's no effort involved, all I need to do is put on a set of headphones each day and listen to the relaxing sounds ...

To learn more about Holosync, here is an introduction by Bill Harris, the founder of the program. This will be followed by a list of Frequently Asked Questions, to give you more of an idea of the nuts and bolts of actually using the system. These articles do get a bit technical, but hang in there, as you'll learn a great deal about how change and growth actually occur.

Introduction

by Bill Harris

I would like to begin our journey together by acknowledging and applauding your search for personal and spiritual improvement and growth. My personal belief is that it is possible for *anyone* to live a life of happiness, inner peace, and outward success, no matter what their present or past circumstances. What is more, there are very real methods anyone can use to achieve these things—if they are willing to make the necessary changes in how they see themselves and their relationship to the rest of the world, and take the necessary actions.

Because a sound technology that creates the same patterns in the brain as deep meditation is a major tool in The Holosync Solution, let's begin by examining the philosophical roots of meditation. People of all religions and philosophical points of view have practiced prayer and meditation, in one form or another, for thousands of years. Perhaps in this ancient wisdom there is something we can use to guide us, even today.

All traditions of meditation flow from one premise: that the entire universe is made of one all-encompassing energy, intelligent and aware, existing forever as the source of everything. Because there is nothing outside of it, say the mystics, because of its completeness, this energy has nothing to get or need, nothing to fear. Simply because it is its nature to do so, this one energy continually spins itself out as the entire, infinite universe. The very nature of this energy, it is said, is contentment, love, peace, happiness, and perfection.

The totality of this energy, say the mystics, is who you really are; your seeming separateness, an illusion. Saints and sages have for centuries attempted to describe to humankind a state of awareness where this feeling of oneness with everything in the universe is the predominant experience. For thousands of years, curious seekers have responded to these explanations by asking "If I am this one, infinite energy, the beginningless and endless totality of everything, if I really am Love itself, then why do I feel so bad? Why do I have so many problems? Why don't I feel the peace and happiness you say is my true nature?" And the mystic invariably would answer, "You do not experience your true nature because of your mind. Your mind keeps you from the experience of what truly is."

We, of course, know today that this is true — the mind does indeed act as a filter, coloring our view of reality just as colored glasses give an illusory tint to what we see. As we grow up, our brain is programmed that some things cause pain and should be avoided, while others bring pleasure and should be sought. Unfortunately, many of these early associations are true only in our limited family situations. Expressing certain feelings may bring us pain in our family circle, but out in the rest of the world, the inability to express feelings is in most cases severely limiting. Since our brains tend to focus on only one thing at a time, we tend to only see those situations and draw into our lives those people who confirm the illusion that it is unsafe to openly express our feelings. Our brain will always filter reality so as to confirm that its predominant beliefs and associations are the truth. No wonder we don't see the universe of love and harmony described by saints and mystics!

Mystical explanations of the origin of the universe shed further light on this problem. These explanations state that the one energy of reality, at the moment of creation, polarized itself into a seeming duality—good and evil, male and female, up and down, here and there and all other pairs of seeming opposites. This duality, however, is more apparent than real. In each pair of opposites, each part is dependent on the other for its existence, like two sides of the same coin. "Cold" is meaningless without "hot"; "good" makes no sense without "bad". According to the mystical philosophies of the East, it is the tension between these pairs of opposites, in your mind, that actually causes the universe to manifest.

This tension between opposites is also reflected in the human brain. The brain, divided into two hemispheres, right and left, has the same dual structure—made more acute by the fact that in virtually all people the two hemispheres are unbalanced, a state called brain lateralization. Since the brain filters our reality in this split-brain way, we tend to see things in terms of duality rather than the oneness spoken of by mystics. If the brain could somehow learn to operate in a more coherent, holistic manner, if the two sides of the brain could somehow balance, interact more, and function as one, then possibly our experience of reality would be different.

Our childhood associations and programming may tell us what to seek or avoid in order to gain pleasure or avoid pain, but at an even deeper level the dual structure of our brain tells us that we are part of a world of separation, that we are somehow separate from and in opposition to the rest of the world. The more lateralization in the brain (in other words, the more tension between polar opposites) the more feelings of separation, fear, anxiety, and isolation. In fact, as we shall see, only a lateralized brain can continue to entertain the types of beliefs that result in dysfunctional and addictive behaviors and the painful feelings that accompany them.

Modern brain research indicates that long-term meditation does in fact balance the brain, creating a synchrony between the two hemispheres. Many researchers have studied this phenomenon over the last twenty years. One such researcher, Dr. Charles Stroebel, Ph.D., M.D., director of the Institute for Advanced Studies in Behavioral Medicine, performed a series of experiments on meditators during the 1970s. He discovered that electrical brain wave patterns of meditators changed, in periods of deep meditation, to a single, coherent pattern, indicating that both sides of the brain — ordinarily out of phase — were working together in a balanced, synchronous manner. While in the vast majority of people one hemisphere or the other is alternately dominant over the other, depending upon the task being performed, advanced meditators seemed to develop the ability to use their whole brain and to live in a more balanced state characterized by brain synchronization and whole brain functioning.

This and other research has demonstrated that this balancing, or synchronization, of the hemispheres of the brain happens in all forms of meditation. The degree of hemispheric synchronization can be very precisely determined by measuring the meditator's brain wave patterns with an electroencephalograph (EEG) machine.

When the brain is very lateralized (one hemisphere being very dominant over the other), the brain waves are in what is called the beta range.

If the two sides of the brain could somehow learn to operate in a more holistic manner, interact more, and function as one then perhaps our experience of reality would be different.

This is the brain wave function of normal waking consciousness characterized by external attention. At the extremes of the beta range one feels stressed-out, uncomfortable, and (literally) out of sync. Dysfunctional and addictive behaviors, neurosis, and feelings of separation—in other words, all the extremes of duality — are common experiences when the brain is in the extremes of the beta range.

If the brain begins to synchronize, if the two sides of the brain begin to communicate more, these experiences begin to dissipate and the brain finally moves into an alpha brain wave state. This is a state of pre-sleep/pre-waking drowsiness or, if one remains alert, light meditation. Ironically, alpha is also a state of increased focus; it is in the alpha state, for instance, that learning, including so-called "super learning," takes place.

If synchronization continues, one next enters a theta brain wave state, the state of dreaming sleep, or if alertness is maintained, a deep meditation. Theta is also the brain wave state of

heightened creativity. The "ah-ha" experience of suddenly making a creative connection is accompanied by bursts of theta waves in the brain.

If the brain synchronizes still further one finally enters the delta brain wave state, ordinarily a state of deep, dreamless sleep, but also, if one can maintain alertness, a state of extremely deep meditation. Finally, in the deepest part of the delta range, the two sides of the brain become so balanced that any tension between opposites is transcended. At this point the normal conscious mind is bypassed and the "transcendental" experience of oneness and harmony with the entire universe is revealed.

Any kind of focusing will bring about a degree of brain synchronization (i.e. meditation). The greater the focus, the greater the synchronization (and the deeper the meditative state). The mystic, then, sitting to meditate, balances the brain through some form of focusing, whether by repeating a prayer or mantra, keeping the attention on the flow of the breath, staring at a candle flame, or by using one of many other techniques. Whatever the technique, the effect on the brain is substantially the same—brain synchronization, and after much practice, transcendental experience. As the meditator focuses, he or she moves from a beta brain wave state into an alpha state. After many years of disciplined practice the meditator gains enough experience to begin accessing the deeper theta brain wave state (and with still more practice, the delta brain wave state) and begins to enjoy the experience of transcendental, expanded awareness.

So just what is this transcendental awareness? Is it becoming some kind of a blob of undifferentiated goo that wants to sit and stare at its navel instead of going to work in the morning, or some kind of robed, smiling person handing out flowers in the airport? Contrary to common Western mythology about such things, persons operating continually in this type of awareness (a kind of 24-hour-a-day state of meditative alertness sometimes referred to as "the awakened mind") are more productive, happier, capable of more intimacy, more creativity, and more wholeness. Since the filter through which they view reality does not split everything in to categories based on arbitrary early life programming, they see life more objectively, without fear and judgment, without a need to manipulate others, without need for approval—in short, without the limitations of mental programming. This is, in fact, a state of peak performance. And, when the brain is in this highly synchronous and coherent state, it produces large quantities of pleasure-causing neurochemicals called endorphins, making the whole experience very pleasurable!

Between the stressed-out jangle of the beta state and the peaceful depths of delta there is, however, much territory to be covered and much healing to be done. As one moves into the alpha and theta states, the subconscious portion of the mind is accessed and becomes available. This is where the belief systems that structure our experience of ourselves and our universe are stored. We mentally project this material onto what is, creating our own private universe in much the same way that light, passing through a celluloid image, projects an image on a movie screen. When we enter the alpha and theta brain wave states during sleep, we scan this subconscious data and to a certain extent re-arrange and process it. We call this scanning and processing dreaming, and it is, indeed, in the theta state that REM (rapid eye movement) sleep associated with dreaming occurs.

In the delta state one accesses what has been referred to as the collective unconscious, where the broadest and most primal programs about what it means to be human are stored. The delta

sleep experience of the collective unconscious is in some ways a very intense one, intense enough that in this state we go totally unconscious and do not even dream. It is only from the experience of very advanced meditators (including those using Holosync soundtracks) remaining alert and aware in this state that we know that in the delta state material from the collective unconscious is accessed.

When the brain is in this highly synchronous and coherent state it produces large quantities of pleasure-causing neuro-chemicals known as endorphins.

(It may be that some levels of the collective unconscious are accessed in the theta state also, but it is our belief that the deeper and more substantial levels are accessed only in the delta state.) Though this experience of the collective unconscious is intense enough that we ordinarily can only experience it in total unconsciousness, it is at the same time such a pleasurable and essential process of renewal and reinvigoration that sleep is the one thing that humans cannot be induced to give up.

It is in these subconscious and unconscious areas of the mind that we find the answer to the question of why, for 99.9 % of humanity, the brain cannot for very long remain in this synchronized state, where the deep emotional healing and rapid brain evolution we are interested in, spontaneously occurs. Meditators invariably find, whatever their technique, that the feeling of peace, well-being, and super-alertness gained during meditation fades rather quickly, often within minutes. This happens because the belief systems that tell us we are separate and not okay immediately begin to reassert themselves, causing the brain to return to a less synchronized (and therefore less expanded) state of awareness. As the brain re-lateralizes (one of the two hemispheres again becoming dominant over the other) endorphin production dramatically decreases and the feeling of well-being fades with it.

Why does this re-lateralization of the brain take place? Why is the peace, happiness, and connectedness that appears when the brain is balanced so difficult to sustain? Current research into the nature of the mind, and, in fact, into the very nature of the universe itself, indicates that the universe may be nothing more than a giant hologram created by the mind. Holograms, you may know, are three-dimensional images projected into space with the aid of a laser. According to this theory (espoused by, among others, David Bohm, a protege of Einstein's and a world-famous quantum physicist; Karl Pribram of Stanford University and one of the world's most famous neurophysicists; and Stanislav Grof, professor of psychiatry at John Hopkins Medical School and the originator of the Holotropic Breathwork process) the universe you see and experience is but a holographic image created by the patterns of belief in the subconscious and unconscious areas of the mind.

Since at a fundamental level we share many common subconscious and unconscious beliefs, specially those of the collective unconscious, the universes we individually create seem to be a single shared universe rather than billions of individual and overlapping universes. Although similar and sharing many basic commonalities, these individual universes are not the same. Ten people can see the same event, but each experiences it in an entirely different way and will give widely divergent descriptions of what happened. Even twins, with identical DNA encoding, experience the same things differently. One person's happiness can be another person's hell, depending upon their personal holographic model of the universe.

As a wit once said, "I wouldn't have seen it if I hadn't believed it!" This, indeed, is the way our holographic mind operates. If the internal hologram is one of perfection, delight, and connectedness, that will be the nature of the world we create; if it is of fear, shame, separation, and problems, an entirely different world will be the result. A brain with a separation-based holographic model will always re-lateralize in order to continue its creation of such a universe. A brain with a holographic model that is unity-based, however, has no need to re-lateralize and will create a universe of oneness, peace, and happiness.

This process of constructing a new and more truthful holographic model of the universe is nothing new—meditators the world over have been doing it for over ten thousand years, using any number of time-honored methods. First, through some kind of focusing, the hemispheres of the brain are synchronized, accessing the holographic "film"—the patterns of belief in the subconscious and unconscious areas of the mind. Simultaneously, through prayers, affirmations, visualizations, etc., the old, counterfeit programming is replaced with that which is more truthful and life-affirming. This is exactly what we do in any form of personal growth work — we try to put the mind in a receptive state and then we work on changing the programming. While meditation ultimately gets down into the deepest part of the mind like nothing else, it unfortunately takes about fifteen years, meditating six or more hours a day, to really perfect the ability to open the mind in this way.

In the early 1970s, however, very significant discoveries took place that have made this whole process more practical and accessible for those seeking this type of deep healing and personal growth but who don't have the time or the inclination to meditate many hours each day for many years. By far the most significant of these discoveries was that the alpha, theta, and delta brain wave patterns could easily be induced electronically. Today, Centerpointe Research Institute uses Holosync audio technology, a more sophisticated version of the technologies first developed in the early 1970s, to induce deep meditative states literally within minutes, saving years of practice in perfecting the ability to reach such states.

When we add state-of-the-art silent communication methods to introduce new life-affirming patterns of belief into the subconscious and unconscious areas of the mind, the process of creating "meditation through technology"—and therefore dramatically accelerated personal growth—is complete.

In order to further accelerate the personal growth process, Centerpointe Research Institute custom-makes each tape package, combining Holosync technology with silent affirmations *chosen by the participant and recorded in his or her own voice*. In addition, we have developed a soundtrack designed to be listened to during the entire sleep period. This soundtrack allows one to effortlessly devote many extra hours each day to personal growth work without disrupting one's normal lifestyle. (We have, by the way, found that use of this sleep-time soundtrack significantly reduces sleep time.)

The efficiency of this technological approach to meditation dramatically accelerates the personal growth process. What once took most of a lifetime can now be accomplished in just a few years. And, in using Holosync technology to create deep meditation, participants experience the same evolutionary signposts spoken of in various world scriptures and personal accounts of saints and mystics. These include development of various kinds of intuitive and psychic awareness, increased compassion, greater personal power, expansion of

self-knowledge and awareness, sharpened mental abilities, and the falling away of attachments, just to name a few.

Above all, we see that those participating in this program become happier. Dysfunctional and addictive behaviors, if there are any, begin to fall away. A safer and more peaceful world opens up as fears are released, feelings are felt, and the ability to safely communicate and connect grows. Mental acuity increases and with it increased abilities to learn and remember, to creatively solve and cope with everyday problems, and to intuitively find the most productive way of dealing with any situation. People using this technology become empowered, changed, and renewed. They find their place in the world. They become more balanced, happier, more fulfilled, and their lives begin to work as never before.

But these benefits do not come without some work. Only those who have never done any personal growth work believe that personal growth is easy. Ultimately, a time comes when the work does become significantly easier, but this is an advanced stage, reached after several years of work. Up to that point, change is often resisted, making transformation a sometimes cathartic experience. Belief systems in the subconscious and unconscious are gradually changed as each bit of the old model of reality is brought to conscious awareness, released, and replaced with something more truthful and life-affirming. As this happens, the clash of old and new can create temporary upheaval in our life experience.

This limiting material needing release has been suppressed and relegated to the subconscious, where for years it has been kept from conscious awareness, because it is part of what is often referred to as our "dark side"—those aspects of ourselves and our world that we, in our dualistic, good/bad outlook, believe to be inappropriate. This new awareness of our "dark side" is often accompanied by painful memories, feelings, or physical sensations. In addition, when we use affirmations to tell ourselves that this "dark side" is an integral part of our wholeness, the brain is temporarily faced with running on two diametrically opposite models at the same time—one that divides the universe into "appropriate" and "inappropriate," and one that sees things in terms of wholeness and love. This causes a temporary state of chaos in the brain until the old model can be released and the brain can reorganize itself at a higher, more truthful level of awareness.

To understand how this happens, let's take a closer look at the actual mechanics of the evolutionary process in the brain. An intriguing model gaining acceptance in the scientific community today describes evolutionary growth and change (including all personal growth) in terms of the fascinating work of theoretical chemist Ilya Prigogine, who won the Nobel prize in 1977 for work on what he called "dissipative structures." Prigogine was working in the field of thermodynamics where for over a century scientists had been aware of a seeming contradiction between two laws of nature.

On one hand, the second law of thermodynamics states that the amount of randomness or chaos—often called entropy—in the universe is always increasing. On the other hand, many things, including life itself, are obviously becoming more ordered, less random. Why is it, scientists wondered, that some things evolve and grow when the overall tendency in the universe is for things to break down and become less ordered?

What Prigogine noticed was that what he calls "open systems"—systems that are able to exchange energy and matter with their environment—are able to maintain their structure and

even grow and evolve into more complex systems because they have the ability to dissipate entropy to their environment in such a way that the total amount of entropy, overall, does increase. They maintain their orderliness—and even increase it—at the expense, entropically speaking, of their environment.

An open system—of which a human being is a prime example—is a flow of energy. We constantly take in light, air, water, heat, nutrients, as well as all kinds of information from our senses. In turn, we dissipate to our environment carbon dioxide, heat, waste products, activities of various kinds, and so on. And, we are more than just a tube with something flowing through it, we are the flow itself—not just a "thing," but a living, changing, evolving process.

Open systems are very plastic and can handle all kinds of fluctuation and variations in input from their environment, but each system (each person) has an upper limit of how much randomness, how much entropy, it can dissipate to its environment. This limit is based on the system's structure (prevailing belief systems about oneself and one's universe) and its degree of complexity (the degree to which one can see and experience the infinite connections that make our own personal universe).

If fluctuations from the environment become too much, the system cannot dissipate enough entropy to maintain its structure and therefore begins to become internally chaotic and unstable. In other words, we feel overwhelmed. If input continues at this higher level, the system will finally come to a point where it is so unstable that the slightest nudge brings things to a screeching halt. At this point the system has the ability to move in an infinite number of unpredictable directions, like an angry crowd on the verge of rioting or a person at a crisis point in a serious illness.

This point, which Prigogine called a bifurcation point (bifurcate meaning "to divide into two branches") is a kind of moment of truth. Either the system totally breaks down and ceases to exist as an organized system, or it spontaneously reorders itself in an entirely new way. The incredible thing about this reorganization is that the new system is totally non-causal and non-linear with what went before. It is a true quantum leap, a death and re-birth, and the main characteristic of the new system is that it has the capability to handle the fluctuations, the input from the environment, that caused the old system to become overwhelmed and break down. In Prigogine's words, the system "escapes into a higher order." Out of chaos comes new order, a new, more evolved system.

This is how evolution happens. All things grow and evolve in this manner, whether a seed, a corporation, a highway system, or a human being. This process is repeating itself millions of times each minute in every cell of your body. It also happens on a larger scale regarding more macroscopic aspects of your being. Changes in core beliefs and personal habits happen, for instance, as the old ways of looking at and dealing with the world are overwhelmed by changing input from the environment and can no longer disburse the entropy necessary for their survival. The aging process, too, is a continually diminishing ability to dissipate entropy to the environment resulting eventually in death of the organism.

The human brain, as we have said, is the ultimate open system, constantly exchanging energy with its environment. Up to a point, the system can handle all kinds of fluctuations. But if the input becomes too much, we begin to become overwhelmed, things temporarily break down,

and the system then reorganizes itself at a higher order. Prior to the overwhelming input things make sense. Then, once overwhelm begins, they no longer make sense. Finally, after reorganization at a higher level, things make sense once again, but in a whole new way, never before imagined.

How, then, does Holosync technology facilitate this process? The alpha, theta, and delta brain wave states are states of great fluctuation in the brain. A graphic representation of these brain wave patterns shows that the amplitude (the height of the wave form) increases as we move from alpha to theta to delta. In other words, the amount of fluctuation increases.

When we use the Holosync soundtracks each day we are subjecting the brain to stimuli that push it to the point where it must, in Prigogine's words, "escape into a higher order." Then, as we move to successively deeper levels of the program (see below) we create the alpha, theta, and delta brain wave patterns at increasingly lower (and even more high amplitude) frequencies, further increasing fluctuation in the brain and creating further opportunities for evolutionary quantum leaps to occur. When we add life-affirming affirmations that challenge limiting subconscious and unconscious belief patterns, this adds more input and further increases fluctuation in the brain, creating still more evolutionary growth.

When one experiences this process, there is a temporarily feeling of uneasiness as the system—which is really your ego, your collection of beliefs about who you are, what your place is in the world, and so on becomes more chaotic. Everyone has experienced this, with or without meditation, because life is intrinsically evolutionary. It is happening to you at every moment on some level and occasionally happens to you in a more global way. This is why major upsets in our lives lead to the most growth. Chaos always precedes breakthrough and seeing things in a new way.

The natural tendency is to resist this process in order to protect the system (your ego). This is the ultimate irony, since it is the limitations of the current system, the old way of seeing things, that causes us to feel uncomfortable in the first place. Still, we are almost frantic sometimes in wanting to keep the system the way it is, in wanting to keep it from breaking down and evolving to the next level. This is because we tend to identify with the ego — we think we are the system instead of the flow of energy through it.

At these moments of peak experience we try to protect the system in one of three ways. Method number one is to try frantically to dissipate the extra energy that the system can't handle. We do this through anger, talking, running, jumping, sexual activity, exercise, compulsive behaviors, physical ailments—anything that dissipates energy and temporarily relieves the pressure. Method number two is to attempt to block the input of energy. This often manifest as a desire to isolate oneself or, in extreme cases, depression. In depression, we shut down metabolically, we breathe less, we constrict the pupils of our eyes so as to take in less light, we want to be alone, to lie down, to get away from any kind of input. The third method is to distract oneself from the feeling of overwhelm through drugs, alcohol, sex, television, dissociation, eating, or anything else that distracts.

These strategies work to some degree, especially in the short run, in that they may temporarily release some of the pressure. No evolution, however, is likely to take place because the system never is allowed to reach the point of peak experience where it spontaneously reorganizes itself. This means that the next time that the system is stimulated

in the same way it gets overwhelmed again in the same way. Had the system been allowed to reorganize itself at a more evolved level the new system would have been able to organically handle the increased fluctuations from the environment by dissipating whatever entropy needed to be released.

What this means in the area of personal growth is that as we evolve, as our view of who we are and how we relate to our world embraces more of our connectedness with the rest of the universe, what we once found overwhelming no longer bothers us. This is exactly what we see happening to participants in *The Holosync Solution*: they become more peaceful, more able to flow with whatever is happening. At the same time, they become more empowered and more able to set healthy boundaries, which of course allows, ultimately for more intimacy, more connectedness, and more love.

Because the healing process can sometimes be cathartic, we provide a great deal of support to participants in this program. In what we feel is a truly ground-breaking approach, we teach participants, through written materials, telephone contact, monthly letters, and email newsletter, and periodic workshops and retreats, how to identify when they are coming to a point of peak experience, how to begin noticing their own unconscious strategies for protecting the old system, and how to get out of the way so as to let the process complete itself in a natural way.

Ironically, it is the very strategies for protecting the old system that sometimes cause the process to be painful. It is important to realize that it is our resistance to evolution that causes pain, not the evolution itself. Death and rebirth is only painful when we identify with what is dying. Once we experientially know that we are the evolution itself rather than the system that is passing away and being reborn, the growth process becomes smooth and rapid.

To overemphasize the cathartic aspect of this process, however, would be a mistake. First of all, the quantum leaps in growth happening to those in this program are well worth an occasional feeling of overwhelm, which we all experience in our lives anyway, with or without the Holosync technology (although probably with much more pain and much less awareness). Most of us really don't realize just how good we can feel, how good life can be. Living out our lives without healing our childhood wounds is more intense by far than anything we might encounter in the adventure of discovery, healing, and unfoldment made possible by this technology.

In addition, when the brain goes into the deeper alpha, theta, and delta brain wave states, the brain makes great quantities of endorphins, enveloping much of the pain of change in a feeling of peace and well-being—in fact, one of the really incredible added benefits of Holosync technology is that its use demonstrates that the kind of bliss talked about by mystics and saints is real and that you, too, can experience it. Participants in *The Holosync Solution* more typically feel delighted than overwhelmed. This doesn't mean that participants in this program don't feel their feelings—they feel them more fully than ever, but with an awareness that helps them to feel them as the perfection that they really are.

Meditation is purification—not of who we are, but of the filter through which we see and experience who we are. As that filter is purified everything in our universe is purified with it and our lives become filled with peace and happiness. Additional growth opportunities, when

they come, are handled smoothly and effortlessly with keen awareness and peaceful detachment.

The Holosync Solution is not for everyone—though it will work for anyone who uses it. It is a powerful tool for those who are really ready to move past all that is holding them back from expressing their full potential. It is not the only way to heal yourself and reach your full potential as a human being, but it is a very powerful and effective one. If you view your life as a grand adventure to be lived to the fullest, this program may very well be just what you have been looking for. Because I want you to have all the benefits it provides, I greatly appreciate the fact that you have chosen to use this powerful tool to change your life.

(Persons who have been severely abused or have been diagnosed as having severe psychological problems should participate in this program only under the guidance of a qualified therapist.)

A final note: The world is entering a new era in the realm of personal and spiritual growth as our planet rapidly approaches a moment of truth. In every area—whether having to do with family, sexuality, race, religion, government, economics, technology, the environment, personal psychology or spirituality—we are at a point where old systems are being overwhelmed and are breaking down. In every one of these areas we can either collapse in chaos or, hopefully, make a quantum leap to the next evolutionary level. No one really knows what that new level will be like, but what we do know is that the efforts of people like you who are reading this will play a critical role in ensuring that our planet successfully makes this leap to the next higher level. To make this happen we need to take advantage of all the tools we have, high-tech and low-tech, and to take responsibility for being the world leaders in the realm of conscious evolution that we really are.

Frequently Asked Questions

by Bill Harris

What is Holosync® audio technology?

Holosync is a sophisticated form of neuro-audio technology allowing the listener to easily enter various desirable states, and creating many desirable mental, emotional, and spiritual changes, through entrainment of electrical patterns in the brain. This creates a synchronization, or balance, between brain hemispheres, enhancing mental/emotional health and mental functioning. In the process, new neural connections are created between the right and left brain hemispheres, leading to what is known as "whole brain functioning."

In addition to states such as accelerated learning ability and enhanced creativity, Holosync can help a listener easily enter and benefit from states of deep meditation, until now accessible only to long-time meditators practicing many hours a day for many years.

Holosync audio tones are delivered to the nervous system using a low carrier frequency stimulus, masked by pleasant music and environmental sounds, which drives the nervous system to progressively higher levels of functioning. Through precise sound patterning based on over twenty years of research, Holosync creates a "push" in the brain which causes the brain to reorganize at a higher levels of awareness and functioning, in much the same way a runner gives his or her body a physical stimulus to cause it to reorganize at higher levels of physical ability.

Typically, listeners show impressive improvements in emotional health, a whole range of mental abilities, self-awareness, ability to meditate deeply, personal motivation, sense of spiritual connection, and a number of other areas.

Holosync is based on research done at Mt. Sinai Medical Center, the Meningen Clinic, and a number of other research facilities, and is currently used by over 100,000 people in 172 countries.

Are the recent reports of Holosync's ability to enhance longevity and anti-aging properties true?

Yes. In 1998, Centerpointe was approached by Dr. Vincent Giampapa, Director of the Longevity Institute International, and one of the world's leading authorities on anti-aging. He provided Centerpointe with some remarkable findings related to Holosync's impact upon human physiology. Clinical evidence shows that Holosync increases levels of DHEA and Melatonin in the listener.

These two bio-chemicals are now known to play a crucial role in protecting the body against the effects of aging and environmental stressors. In addition, Holosync has been proven to lower levels of cortisol in the bloodstream. Cortisol is capable of reducing immune function and putting the body at risk for a number of deadly conditions. This body of research is relatively new, and while Holosync is receiving an enormous amount of attention from scientists and lay-people alike who are interested in anti-aging techniques, we expect more exciting information to come to light as we continue our relationship with Dr. Giampapa and the Longevity Institute.

We will keep all our Participants updated as new information becomes available.

Do I need any special audio equipment to use Holosync?

Any stereo headphones and tape player will work fine. Of course the better the quality of equipment, the better the sound quality. Overall, equipment quality will not hinder the effectiveness of the Holosync technology, so it's not necessary to spend a lot of money on audio gear. In some of the deeper levels of the program you may want to upgrade to equipment that can handle the lower carrier frequencies we use, but in the beginning any stereo tape player, including walkman-types, will work. As you progress in the program, we will notify you when you get to a level where better equipment is necessary.

Do I NEED to use headphones with these tapes?

Yes. The Holosync technology is a stereo effect in which we place certain frequencies in each ear, targeting certain parts of the brain. Stereo because the sound will bleed from channel to channel. Always use stereo headphones for ANY Centerpointe soundtrack unless we SPECIFICALLY tell you that it is not required.

We do sell several grades of good-quality Sony headphones for below retail prices. for more information, visit our web site.

Is Centerpointe affiliated with any religious or political organization?

Centerpointe is not affiliated with any religious or political organization, nor is there any philosophy or belief system you must adopt to use our program (other than that it is possible

to be happier and more highly functioning). There is also no poison kool-aid, no guru, we're not stockpiling arms and ammunition, and we're not waiting for any comet to appear. We're an independent, for-profit, company dedicated to providing people around the world with a very powerful personal growth program and the support and information necessary to get the most benefit from it.

Does the Centerpointe program replace conventional meditative practices?

The Holosync Solution™ takes the listener to the brain wave patterns of deep meditation in a way that creates for the listener an accelerated meditation practice similar to that achieved by practicing many hours each day for many years. Participants experience the same classic developmental and evolutionary mileposts as in a traditional meditation practice, but in an accelerated time-frame. Many traditional meditators are at first unwilling to believe this but after working with the program for a short time, they are very often quite amazed how their meditations will be deeper, richer and more fulfilling.

Can the Holosync technology help me become smarter?

Holosync has been known to enhance mental functioning on a number of levels. It's ability to increase synchronous neuro-electrical activity between the two hemispheres of the brain, and it's ability to drive the nervous system to higher levels of functioning over time, naturally brings with it the potential for some rather remarkable improvements in cognitive functioning. Learning ability, creativity, problem solving ability, focus and concentration, memory, and intuition are among the areas typically showing improvement.

Is the Holosync technology totally safe?

Holosync, while considered highly powerful, is totally safe when used properly. Holosync has been used for almost a decade (and in more rudimentary forms for another 15 years before that), by thousands of people around the world, and no one has ever reported any harm whatsoever as a result of using it. We are taking you into naturally occurring brain wave patterns you enter everyday during each 24-hour period.

As part of the healing process stimulated by Holosync, you may experience some emotional upheaval from time to time. We have found that this upheaval is generally of no greater consequence than whatever amount of upheaval you may be already creating in your life. Since the end result is a dramatic lessening of conflict and upheaval in one's life, the small amount of upheaval you may experience is well worth it.

At the same time, our belief is that it is not necessary to suffer any upheaval while participating in the program. To this end, we provide experienced guidance through Follow-Up Support letters, a Telephone Hotline, periodic Special Reports, and a bi-weekly email newsletter. If you follow the directions and take to heart the suggestions in the support materials, your use of Holosync should be smooth and easy.

Can I listen to the tapes while I do other things?

You should listen to the soundtracks exactly as described in the Program Instructions, which is sitting down, eyes closed. Other use is less effective. If you wish to have a second listening session on a given day, you could then listen while doing some other task, but always do at least one session exactly as the directions indicate. **Since the soundtracks put you in an altered state, never listen while driving or operating equipment.**

How much time do I have to spend listening?

In the enclosed Program Instructions we tell you the optimum way to use this tool. You, then, adjust your use to fit your lifestyle. We suggest listening one hour each day, but many people use it more because it is so pleasurable and so self-reinforcing and they feel so good when they are finished that they want to do it more. And, there are some people who say they don't have enough time and they do it less. These people, of course, progress more slowly than those who do it more regularly.

What happens if I miss a day, or if I cannot use the tapes for several days?

It is best to use the program every day, but sometimes life does not work out in such a way that this is possible. Missing a day is okay, and you should adjust your use of the program to fit your life-style. Every day is best, but if you can only do five times a week, or every other day, that is fine.

Can I listen to the tapes all night?

No. Listening for extended time periods can give the brain too much input and bring too much unresolved unconscious material to the surface, just like too much exercise can be harmful to the body. Listening all night, or even for several hours, can often create a state of severe overwhelm. Again, it is best to follow the instructions closely.

Does it matter if I fall asleep while listening?

No, in fact, it is very common in the beginning to nod out while listening. We are taking you into a delta brain wave pattern, that of sleep, and your brain is also making a lot of very relaxing neurochemicals, including endorphins. The combination can make you fall asleep.

As the brain reorganizes you will gain the ability to remain alert throughout. So falling asleep is really one of many signs that the brain is really being pushed. Whether you are awake or asleep, though, the Holosync technology is affecting the brain and falling asleep will not diminish effectiveness.

If I don't have a lot of unconscious material coming up, does that mean it's not working?

No. There are literally hundreds of possible ways the nervous system can respond to the stimulus we are giving it. Some people have no upheaval at all, some have a small amount, some have a lot. Your response will be determined by the state of your nervous system, the contents of your unconscious mind, and your own personal predisposition to resist or not resist whatever changes are happening in the brain. Just realize that whatever experience you are having, it is the exact experience your brain needed to create at that moment to make the changes it is making.

If I am distracted by sounds, by my body, or by my thoughts or feelings, will it alter the effectiveness of the tapes?

No. Don't worry about your responses or the state you seem to be in while listening. Just let whatever happens happen. It does not matter if you attain any particular state, or if your mind is quiet. The brain is creating various experiences as it responds to the stimulus we are giving it, and they are all exactly what needed to happen at any given time. There are experiences we like better than others, but there is no "wrong" experiences.

What is the best time of day to listen?

That is up to you. Some people like to listen in the morning just after getting up. Others like to listen right after work to revive themselves after a hard day. Others like to listen later in the evening, before bed. It is good, though, to have a set time of day so your listening session becomes a habit, like brushing your teeth.

Can I listen lying down?

Sitting up, in a comfortable chair, is best. People have been meditating in a sitting position for thousands of years because the energy travels more easily through the body in that position. If you have back problems or some other condition that prevents you from sitting up, you may lie down.

I'm really pressed for time. Can I listen as I fall asleep at night?

Again, sitting up is best, but lying down, and/or listening as you fall asleep at night is better than not listening at all. A better solution for people who absolutely do not have time to do the regular hour a day session, is to wake up one hour early, put on the headphones while still lying in bed, listen to The Dive, change the tape to Immersion and listen for another half hour, then get up. You will feel better than if you had slept that last hour.

Are there any subliminal messages on the Awakening Prologue soundtracks?

No. All of the effects are due to the interaction of the Holosync sound technology, which carries no actual "information", with your nervous system. In the custom made levels we add silent affirmations that are chosen by you and recorded in your own voice, but even then, the driving force of the program is the Holosync sound technology and the effect it has on the brain of pushing it to reorganize at higher, more effective levels of functioning.

I have hearing loss. Will the tapes work on me?

As long as you have some hearing, they will work. And, you do not need to have equal hearing in each ear. Any hearing in one ear will be enough. People have even reported results when the hearing was entirely by bone conduction.

How long before I experience results?

Everyone is different. Some people call after one or two days to tell us of dramatic shifts they have experienced, but for most people things happen more gradually. This is not a "thirty-day miracle" like many tapes and programs claim to be. Asking "when will the results show up" is kind of like asking your running coach "when will I show results from my daily running?"

Actually, the Holosync sound technology will begin to create change the first time you use it, but you may not notice the changes for a few weeks or even a few months. It is, though, impossible to expose yourself to this stimulus on an on-going basis without dramatic positive changes happening, anymore than it would be possible to jog everyday without your body changing. So be patient. Deeply rooted conditions can take time to work through, but if you persist, they will change.

What about deeper levels of the program? How do you go to the deeper levels? How many levels are there?

A simple way to describe the dynamics of using The Holosync Solution would be to say that we are giving the nervous system a stimulus of a very precise nature that it cannot handle the way it is currently structured. The brain responds by creating a new structure that can handle the Holosync input stimulus, in much the same way a runner gives his body a physical

stimulus beyond its ability to handle, pushing the body to create a new physical structure that can handle the physical stimulus, which we call getting in shape.

While you are listening to the Holosync soundtracks used in the program, your brain is creating new neural pathways between the left and right hemispheres. After approximately four months of practice with Awakening Prologue, the initial level of the program, the brain will have completed its creation of the new neural structure needed to handle the stimulus it's been receiving. (It is the creation of this new structure that is responsible for the positive changes in mental abilities, emotional health, stress level, and self-awareness people experience in the program.)

Just as a runner running a mile each day for several months reaches the point where running that mile will no longer push him into better condition, the Holosync stimulus from Awakening Prologue will no longer push the nervous system to further changes once the brain has created the structure necessary to handle the input it is receiving.

If, at that point, you find yourself saying, "Wow! This is amazing, and I want to continue this process," you can choose to move to the second level of the program, Awakening Level 1. In Awakening Level 1 we lower the carrier frequency used to create the alpha, theta, and delta brain wave patterns, making the Holosync stimulus more powerful. This creates still deeper meditation, new positive changes, and new improvements in mental and emotional health. (For a more complete description of the importance of carrier frequency, see the article "How the Holosync technology Works" in the articles section of the web site.)

Then, after approximately six months in Awakening Level 1 (during which the brain is once again pushed to create a new and more highly functioning system), the brain once again comes to the point where all the changes needed to handle this increased Holosync stimulus have been created in the brain. At this point, if you again feel you want to continue, you would now be ready for Awakening Level 2.

After the initial level (Awakening Prologue) there are twelve additional levels in The Holosync Solution: Awakening Levels 1,2,3 & 4; Purification Levels 1,2,3 & 4; and Flowering Levels 1,2,3 & 4. Through lower, more powerful carrier frequencies, each new level is more powerful than the last, taking you to deeper levels of meditation and greater positive change.

In addition to the progressively lower carrier frequencies used, each of the 12 additional levels is custom made, with the addition of personal affirmations, chosen by you and recorded in your own voice. The affirmations are silently encoded onto the soundtracks using Autofonix™, a new technology developed here at Centerpointe Research Institute.

Finally, each custom soundtrack is recorded using a new 3D recording technology called Virtual Audio, placing the sound all around you rather than inside your head as with traditional stereo recordings. Virtual Audio is something that must be heard to be believed.

We send new participants complete information about Autofonix technology and Virtual Audio once they begin the program, along with a free sample of each.

Here's what you get with each deeper level: 6 custom-made soundtracks, all recorded with your own personal affirmations recorded in your own voice, and all recorded using the Virtual Audio 3D recording process. These 6 soundtracks include The Dive, taking you over a 30 minute period from an alpha brain wave pattern, down through a theta brain wave pattern, and into a delta brain wave pattern.

The Dive is followed by Immersion, which continues to hold you in a delta brainwave pattern for an additional 30 minutes. After several weeks, the Immersion soundtrack is replaced first by Immersion 1.5, taking you deeper into delta, then several weeks later by Immersion 0.5, taking you deeper still, and finally by Immersion 0.3, taking you as deep as we have found it is possible to go. finally, the sixth and last soundtrack is called Floating, and is designed to be listened to during your sleep time. All soundtracks contain your own personal affirmations.

You will also receive continuing access to the Support Hotline, any Special Reports we create, and a copy of Centerpointe Director Bill Harris's book The Management of Evolutionary Change, which expands on the information in the Follow Up Support letters received during Awakening Prologue, and acts as a reference book for the remainder of the program.

Cost for the deeper custom-made levels varies, but is generally less than \$300 per level. From time to time we make special offers where for a short while the price can be significantly lower, and there is also a way to purchase all deeper levels in advance for a very substantial discount. We send each participant information about this option once they have joined the program.

Over the years we have found it is very easy for people considering joining the program to get sidetracked about the deeper levels of the program. If you are just beginning The Holosync Solution, we suggest you focus on your Awakening Prologue soundtracks. Once you have finished your time with Awakening Prologue, you'll be in a better position to evaluate the value of going on to the deeper levels of the program. Awakening Prologue, however, is a complete, stand-alone package and you are under no obligation to continue to deeper levels unless you are convinced the positive changes you are experiencing are well worth the investment.

How do these tapes differ from the Monroe Institute program?

The two technologies are cousins, but there are many differences between what we are doing and what the Monroe Institute does. Robert Monroe, who passed away recently, was a real pioneer in this field, but he went off in a certain direction with this type of technology that, in my opinion, limited his vision of what was possible with this technology.

Centerpointe Director Bill Harris has written a Special Report that discusses this and outlines what is probably the major difference between the two approaches. It is called "How the Holosync Technology Works" and can be found on our web site in the articles section.

Monroe was mostly interested in finding combinations of frequencies that created groovy altered state experiences, and while we also love many of the altered state experiences that can happen when using this type of technology, we find them to be secondary (by far) to the real world improvements in mental abilities, emotional health, self-awareness, and over-all

well-being. When these experiences happen, we enjoy them, but we don't see them as being the goal.

We see Holosync technology as giving the nervous system a stimulus it cannot handle without reorganizing itself at a higher, more functional level of organization. When you read the above Special Report you'll see why this different way of looking at the technology is so important, and how it led Bill Harris to some very significant discoveries that Monroe missed.

There are also differences in the way we engineer the technology and the degree of accuracy of the technology the way we do it.

We also custom make the soundtracks after the initial level, adding silent affirmations chosen by you and recorded in your own voice, using our new Autofonix technology. Plus, we record these custom made levels in a new form of 3D Audio that is absolutely amazing.

Also, the information, follow-up, support, and education we offer program participants is not available anywhere else. Ours is a very complete program that really allows you to get the most from the technology.

We have many ex-Monroe people in our program, and they all tell us what we have is light years beyond what the Monroe Institute is doing. Once you experience it for yourself I think you'll agree, too.

I don't intend any of this to be a put-down of the Monroe Institute, whose tapes are very good. Bob Monroe was a pioneer in this field and we all owe him a lot. We just believe we've taken things to a whole new level.

What are low carrier frequencies and why does Holosync use them?

While there are many tapes which use brainwave entrainment stimulus, The Holosync Solution is unique in that it uses low carrier frequencies to stimulate growth. The carrier frequencies are the pair of tones used to generate the third tone. Generally speaking, the lower the carrier frequencies, the greater the fluctuations created in the brain. These fluctuations, over time, can create major upward shifts in personal development.

Most people who produce entrainment tapes are concerned with "what brainwave pattern are you in." We are also concerned with what's happening while you're in that deep brainwave pattern. If you're using low carrier frequencies, as with Holosync, what's happening is that your nervous system is being driven to progressively higher levels of functioning. We think this is a vast improvement on conventional entrainment tapes since you're not limited to whatever the momentary experience that comes from listening to a tape, but can experience improvements in mental performance and emotional health as you continue to work with the technology.

Here's an example of how lower carrier frequencies are used in brainwave growth. In the example given earlier, we saw an alpha state created with the following carrier frequencies:

230 Hz 240 Hz

This pair of carrier frequencies give us a 10 Hz alpha brainwave pattern. But how could we make this 10 Hz alpha state stronger? The answer is by lowering the pair of carrier frequencies:

190 Hz 180 HZ

Or even lower...

92 Hz 82 Hz

As long as the difference between the two carriers is 10, we still have a 10 Hz alpha state. But by using these lower carriers we have created a stronger version of that alpha state; a version which saturates the nervous system with stimulus which, in turn, produces improved functioning. This process, loosely called "neural driving" is the key to the Centerpointe program. Through this unique ability to drive your nervous system to higher levels of functioning, it's possible to experience a wide range of significant enhancements to mental and emotional health.

Each time a participant in The Holosync Solution moves from one deeper level to the next, we lower the carrier frequencies, making that level stronger than the last. This unique feature of the program makes it possible to continue experiencing powerful core-level changes through years of use.

If you're working with neuro-audio technologies that don't drive your nervous system, you will be amazed at what working with Holosync can do for you.

Please explain the four main brainwave patterns to which you often refer.

The human brain operates neuro-electrically. Brain activity appears as a series of micro-voltage firings between neurons (brain cells), or more precisely, through networks of neurons. With the use of an electroencephalograph machine (EEG) these firings or pulses can be detected and measured. These neuro-electrical impulses are categorized in terms of a frequency range of four major brainwave patterns (Hz = Hertz = cycles/pulses per second):

Beta (13-30+Hz) Beta is the state of normal, wakeful consciousness. As we are working, driving, talking, etc., we are likely in Beta. On the higher extremes, Beta is sometimes associated with anxiety, panic or stress.

Alpha (8-12.9 Hz) Alpha is a state of light relaxation. Not a sleep state, but usually reflective of a calm, focused mind. Alpha is sometimes called the "superlearning state" because the brain seems to be more receptive and open to new information. Alpha is also considered ideal for creative brain storming. Most meditation occurs in this state.

How to use this shortcut

Holosync is another tool whose use is very simple: just listen to the tapes/CDs every day and notice what happens. Unconscious patterns will come up for healing, and will disappear without effort. You'll become more aware of the patterns in your life, and those that don't work will fade away. This will leave you happier, with more peace and love in your life.

As this happens you'll find yourself overeating much less than before, as you won't have as much discomfort in your life. You won't need to use will power (or won't power?) for this to happen, it's a natural result of the inner growth that Holosync will cause. As the process continues, your weight will stabilize at a healthier level.

Where to find out more

The easiest way to find out more about Holosync is to visit their [web site](#). There are many introductory articles which explain far more than you'd ever want to know about the process, its history, how it works, and how the process of change proceeds. Try the free Holosync audio meditation to experience it for yourself.

If you'd like to proceed, you can order the initial program directly from the web site. You'll receive a set of CDs or tapes in the mail and can begin using the program immediately. Although there are deeper levels after the initial program, doing just the first one alone is invaluable. You do not need to do other levels in order to benefit greatly from this meditation.

Summary

Holosync offers the best of ancient and modern: powerful audio technology combined with traditional meditation allow you to heal all kinds of thought patterns, beliefs and emotional reactions that in the past have sent you to food to tranquilize your discomfort. No effort is required other than listening to pleasant tapes or CDs every day.

Why So Many Shortcuts?

If these shortcuts are so powerful, why are there so many? Why not just use one? Why bother with the rest? Good questions! Here are a few answers for you:

1. These shortcuts operate at different levels. Some are for issues you know about already, others work best with issues you're not yet aware of.
2. Different tools appeal to different people. My favorite might not be your favorite. Offering a wide range means that you have a good selection from which to choose.
3. Some tools work quickly, others may take more time. Again, the more tools you have available, the more successful you will be.
4. These tools all complement each other. i.e. some excel in one area, while others excel in a different area. This is explained more below.
5. Knowing several tools often allows you to combine them into something new and more powerful. Experiment with them, play with them, see how they work together.
6. Some tools are free, some are relatively cheap, others cost more. Having many different tools means that a lack of money won't be a problem.

Here is my own list of how these tools address different areas:

the Work of Byron Katie: helps you let go of thoughts and beliefs you're attached to. The less you're caught up in stressful thoughts, the happier and more loving your life will be.

Emotional Freedom Techniques: bypasses the mind to heal issues via the body. By healing old hurts, you'll become more present to the love and contentment available here and now.

The Option method: easy, simple method to explore your own belief systems contributing to unhappiness. Once understood, they are more easily replaced with ones supporting happiness.

HAI Workshops: help you relate better to friends, family, partner, yourself and others. Mastering relationships will greatly increase the love and joy in your life.

Releasing or Letting Go: simple, fast, and probably already familiar to you. Letting go is an easy shortcut that you can use anytime to let go of stress and tension.

Holosync Meditation: helps you heal issues which are unconscious to you. Obviously, you don't know what you don't know, and this shortcut allows you to heal anything unconscious.

Of course, you might view these shortcuts differently, in which case use your model! Don't put mine above yours if you can find a better way of using these tools. I'll use them my way, you can use them your way.

Top Ten Benefits To Focusing On Love

Let's return to that memory of loving which felt so good. What other feelings come up for you? How about joy? Do you feel joyful now? Delight? Peace of mind? Maybe all these feelings are connected? Maybe they are all shortcuts to each other? Play with loving, and see what comes up for you. Practice makes perfect! Here are some more side effects of love:

1 - you will feel great: the best reason to love is to feel good! For most, there's nothing that can match the feeling of loving, and it's free, available whenever you choose to love.

2 - you will lose weight: by loving yourself and others more often and more consistently, you don't need food to mask your discomforts, so excess weight easily and naturally falls away. No depriving yourself, no internal battles of will, no struggle.

3 - you don't need anybody else or anything else to love: you don't need anything external to yourself. You don't need a special permit, nor can anybody stop you. True independence.

4 - your health will improve: science has repeatedly proven that feeling love literally fills your body with many healing chemicals which improve your health and longevity.

5 - your existing relationships will improve: More love can only improve relationships. People usually respond to like with like, so your outgoing love will help them love you more.

6 - you will attract other loving people: again, like attracts like, so you will attract more loving people into your life. Unloving people will either become more loving, or drift away.

7 - you will have an easier life: you will be less upset if things go wrong and you will attract less difficult people into your life. Trouble will go elsewhere, and things will flow smoothly.

8 - you will be do better in business: happier workers means less stress, less staff turnover, increased productivity, better customer service, all leading directly to more profits. Besides, people prefer to do business with happy loving people.

9 - you will become wealthier: money worries are really you focusing on not having enough money. This attracts poverty. By loving and trusting, you will begin to attract abundance.

10 - you will help others: even though loving might seem selfish, it also helps those around you. So is it selfish or selfless? Maybe with love, it's both? Sharing love is a true win win situation, as everybody benefits. Not a bad side effect.

Obviously, much more that can be written about these things. If you want to know more, contact me at ed65love@gmail.com or look out for other books and articles.

Best of all: **you will attract good things into your life:** when we are relaxed and loving and at peace, good things seem to happen to us. Whenever we are unhappy or resistant, we seem to encounter more trouble. Maybe we get what we expect to get? Hmmm ...

Please Tell Others About This Book

If you've found something useful in this book, please tell anybody you think might be interested. There are many people who would like to find a way to permanently lose weight, and most people would also be interested in finding out how to create more love in their life. By mentioning this book to your friends and/or family, you're helping to paying it forward.

Please do NOT give this book away. Only the lite version is free to give away.

If you really want to promote this book, visit [this page](#) to find out how to sign up as a Clickbank affiliate. The information there will also help you if you already have a Clickbank account. If you run a high traffic web site and/or publish a newsletter (online or offline), radio or TV show, do tell your audience about it. All proceeds from your promotional efforts will be shared equally.

This Is All A Waste Of Time Unless ...

... you actually use what you've learnt here. Sometimes it's easy to get sidetracked in life, when the demands of work and family ask for our attention. Studies show that most people who buy books never read them, most of those that start reading them never finish them, and that most of those who finish them never apply the ideas. Don't let this happen to you!

The best way you can make sure that you benefit from what you've learnt here is to get regular support. There are many ways of doing this. Firstly, you can give this book to your friends and/or family, so that you are all familiar with these ideas. This allows you to support each other daily or weekly to make sure that you've continuing to apply these ideas.

Each step to love includes a simple exercise to help you master that step. While you might not be able to find the time to do all the exercises daily, you can usually find time to do one. Choose a different step each day and do the exercise, either alone or with others. Then choose a different step the next day, and cycle through them repeatedly until you master them.

Another way you can make regular progress is by creating a simple support group in your community. Offer a regular gathering where people can come along and support each other in making these ideas work in their lives. You can run them at home or another venue, charge or keep them free, even make them into pot luck gatherings. There are many possibilities.

Another way to get regular support is by joining the global online discussion group that lives at <http://groups.yahoo.com/group/lovediet>. Just go to this web site, read the introduction and signup. Once you're registered, please post a short introduction about yourself, stating where you live, what you've found most useful in the book, and any questions you have.

Please note: your email address will NOT be sold or passed onto other companies ever. Your privacy is secure and this discussion group is ONLY for readers of this book to network and support each other. The big advantage of an online discussion group is that you can read and post in your own time, whenever you like, and without needing to travel to a local meeting.

If you'd like some one on one help, you might benefit from life coaching. I can help you apply these ideas, so that you are more successful at creating more love and less weight in your life. After all, knowing something intellectually isn't any good unless you're able to use and apply what you know. Please don't put this book aside without practicing these ideas.

Regular coaching (phone or email) allows you to get ongoing support and encouragement in your journey. It's like having a gentle, supporting friend who regularly checks in with you to see how you're doing. I only have space for a few new clients at the moment, so don't delay if you would like to work with me. For more information, email me at ed65love@gmail.com.

The Beginning

Thanks for taking this journey with me. I hope you've found some useful ideas to create more love in your life. Please let me know of your successes along the way. You might just have an idea which I can use, and then pass onto others. Sharing ideas that work is one of life's joys, sometimes much of the satisfaction we can get from a new idea is to pass it onto others.

Remember that even though this book is coming to a close, your journey has not. As Winston Churchill once said: this isn't the end. It's not even the beginning of the end. It is, perhaps, the end of the beginning. Don't let these ideas fall by the wayside: take them and apply them to your life. Then teach others, and soon others in your life will be happier and more loving.

Everybody wins. This will of course make your life happier in return. I sincerely hope that you are able to create more love in your life. I'll leave you with my favorite quote from the song *Nature Boy*, which was heard most recently in the film *Moulin Rouge*:

The greatest thing you'll ever learn
Is just to love and be loved in return

Good luck, and may your life be filled with more love and less excess weight,

Ed Love

Perth, Australia

p.s. please email me on ed65love@gmail.com if you have any suggestions to improve this book. I'd love to hear about your successes with these ideas, as well as suggestions for improvement, or about any topics you'd like to read about in the future. Thanks!

p.p.s. please check out the various resources listed in the appendices. These are all things which I use, and are some of the best of what I've found on the Internet in 20 years exploring. Some may appeal to you and some may not, but please at least take a look.

p.p.p.s. if you haven't figured out the title yet, here's the answer. By bringing more love into your life, you'll naturally want to eat less food. So you can still eat as much as you want, you just won't want to eat as much! On the other hand, feel free to eat all the love you can ☺

Appendix A: Where To Find Out More

For easy reference, here once more is a summary of where you can find out more about the various shortcuts in this book. If you're happy with what you've learnt here, that's great. No need to go further. On the other hand, if you are curious to learn more about any of these shortcuts, the links below will give you many options of varying price and detail.

You will notice that some shortcuts have one or two sources of information, whereas others have many different sources. This reflects how the tools have developed and grown since being created. Some have evolved under the care of a single group, while others have advanced by the efforts of many. Are more sources better than fewer? Decide for yourself!

Note: as well as clicking on the hyperlinks in the following sections, you can also go to the web site being discussed by clicking on the image below the text.

the Work of Byron Katie

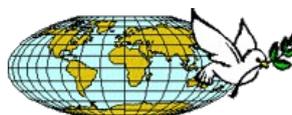
The Work is presented in great detail for free at their [web site](#). There are many articles to read as well as free worksheets you can download to do the work yourself. Byron Katie has also written an excellent book on the topic called 'Loving What Is'. It's available at the web site, as well as Amazon.com and many other booksellers.



Emotional Freedom Techniques

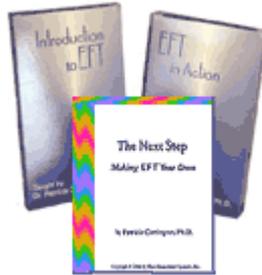
There are several excellent EFT web sites out there which can teach you anything from the basics right up to advanced training by video. Here are some of them:

Gary Craig's [web site](#) is the best place to start, as he is the creator of EFT. His main focus is sharing EFT rather than making as much money as he can, which means that his teaching materials are very affordable, and often free. For instance, by visiting his site you can download a basic EFT manual for free.

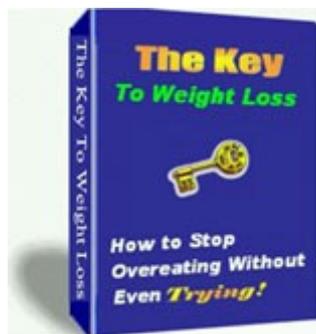


He also offers excellent training on video CDROM, which can be viewed on most types of computer. There is a simple 3 CDROM set which is available by donation, or there are more advanced video training materials available containing dozens of CDROMs. These take you from complete beginner to very advanced practitioner, assuming you practice what you learn!

Another innovator worth studying is Pat Carrington, who wrote the articles about EFT with Choices in this book. She has her own book which expands upon this material, and some excellent EFT instructional videos. Visit her [web site](#) to find out more about her expertise.



Pat Carrington, Carol Look and Sandra Radomski, all experienced EFT practitioners, have recently created an powerful computer program which greatly simplifies the process of applying EFT to losing weight. It's very easy to use and provides valuable assistance in applying EFT to a huge range of emotional contributors to overeating. For more information, visit their [web site](#).



The Option Method

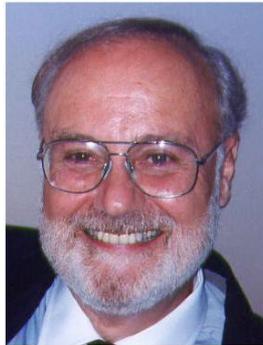
The main site to explore is at the [Option Method web site](#). There are plenty of free articles, as well as pointers to many excellent books which explore these ideas in much greater detail. They also offer a fascinating tape where the creator Bruce Di Marsico explains the Option Method and gives many examples of how it can be applied to real life issues.



The All You Can Eat Love Diet
Full Cream Edition

The above web site also lists many Option practitioners who work with people either one on one or in small groups. If you feel the need for assistance in applying the Option Method, any of these trained people would be more than helpful. The most experienced of all is Deborah Mendel, widow of Bruce who has over 25 years' study and practice with these ideas.

Many Option books have been written by Frank Mosca, who offers many free extracts and articles to read at his [web site](#). He has a great deal of expertise and is also available to help with applying Option on a one to one basis. Many other practitioners have their own web sites and these can be explored by navigating through the [Option Method web site](#)



There is also an excellent group called the [Option Institute](#), run by Barry Neil Kaufman (Bears), a former student of Bruce's. He has developed what he learnt and written several excellent books, extracts of which are free to read on his web site. The Institute also offers numerous fine workshops on love and happiness, many of which I've completed with great delight. Highly recommended.



HAI Workshops

To find out more information about the Human Awareness Institute workshops, visit [the HAI web site](#). Their web site will give up to date contact information for all regional HAI groups around the world, as well as detailed schedules for when their various workshops are held.



Releasing or Letting Go

As you can probably guess by now, the best place to learn more about releasing is at the web site for the [Sedona Method](#). They offer a free introductory cassette, as well as several comprehensive tape sets which cover releasing in great detail. There is also an excellent book called 'the Power of Letting Go' by Patricia Carrington, available at Amazon.com and elsewhere.



Holosync Meditation

The easiest way to find out more about Holosync is to visit their [web site](#). There are many introductory articles which explain far more than you'd ever want to know about the process, its history, how it works, and how the process of change proceeds. Try the free Holosync audio meditation to experience it for yourself.

If you'd like to proceed, you can order the initial program directly from the web site. You'll receive a set of CDs or tapes in the mail and can begin using the program immediately. Although there are deeper levels after the initial program, doing just the first one alone is invaluable. You do not need to do other levels in order to benefit greatly from this meditation.



Appendix B: Nutrition, Fitness and Health

Nutrition

To learn what human beings are really designed to eat, read the work of Weston A Price. You won't need to buy anything, and can learn all about it for free by clicking on this image:



The ideas on this web site have a track record of over a million years and plenty of scientific research to back them up, so it's not a fad. By the way, you *can* actually eat food which tastes good, you don't have to stick to dull low fat processed foods which you don't enjoy!

Exercise

If you're looking for a simple, easy enjoyable form of exercise, you might like to explore rebounding. I've been doing it for years and it's actually fun. NASA has done studies showing that it's 68% more efficient than running, yet it's also very low impact. In other words, rebounding is very safe, even for children, older people and those who are ill or overweight.

So what exactly is rebounding? It's bouncing up and down on a mini trampoline! Yes, it does sound silly, yet it's one of the best exercises available and you can do it at home, instead of having to go to the gym and fight over equipment. To find out more, click on this image:



Natural Health

For the best free newsletter on the Internet (written by Dr Mercola) click on this image:



Going all the way

If you want to go all the way and become extremely fit and lean, then the best sources to learn from are top fitness models and bodybuilders. They are the ones who are able to stay in excellent shape year after year. However, it takes a fair amount of work and dedication.

To find out more, click on this image:



Don't worry, you won't end up looking bulky and muscle bound if you don't want to. Believe it or not, that's extremely hard to do, even for fitness buffs who train for hours each day at the gym. For the rest of us, it's very unlikely to happen.

Please note: don't buy this advanced book if you haven't cleared up most of your emotional issues around weight loss, as discussed in this book. The advanced program is too difficult to stick to if you haven't done your inner work. Please master this book and/or the sequel first!

Detox and Weight Loss

Another powerful tool which can greatly accelerate your path to weight loss is the Far Infrared Sauna (FIRS). This is a new twist on the ancient practice of hot saunas and steam baths, which have been popular for generations in Scandinavia and other countries. By encouraging the body to sweat profusely, many health benefits arise, including weight loss.

However, such traditional saunas and steam baths have always been very hot, sometimes up to 180 degrees Fahrenheit. Although effective, these high temperatures are far too hot for many people. On the other hand, by using far infrared heat, the FIRS safely operates at much cooler temperatures of around 130 degrees. This is very comfortable for almost everybody.

Even though a lower temperature is possible, the benefits are even better than normal saunas, as many scientific papers have demonstrated over the years. A short 30 minute session can burn anywhere from 300-600 calories or more. Even NASA has recommended use of FIRS during space flight to maintain cardiovascular health.

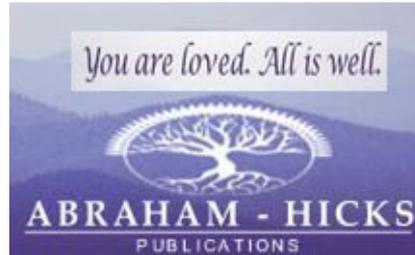
To find out more, including research and detailed explanations, click on the following link:



Appendix C: Inner Support

Abraham Hicks

This is a wonderful site full of ideas on how to live a more joyful life. They offer a free 75 minute mp3 audio introduction to download and burn to a CD. This is my favourite wisdom on creating the life you desire through joy and fun instead of stress and strain. To download, visit:



Chicken Soup for the Soul

These books have sold millions of copies around the world by sharing touching and uplifting stories on a great variety of topics. The publishers have generously provided a service where you can get a story emailed to you every day for free. To sign up, click on this image:



Thoughts are Things

Mike Dooley's wonderful site also shares daily wisdom via email. Delightful short messages which only take a minute to read, yet always remind us how powerful we really are. They are just the thing when you're feeling a little down. To sign up, click on this image:



To finish off ...

Lastly, if you haven't figured out the book title yet, here's the answer. By bringing more love into your life, you'll naturally want to eat less food. So you can still eat as much as you want, you just won't want to eat as much! On the other hand, feel free to eat all the love you can ☺